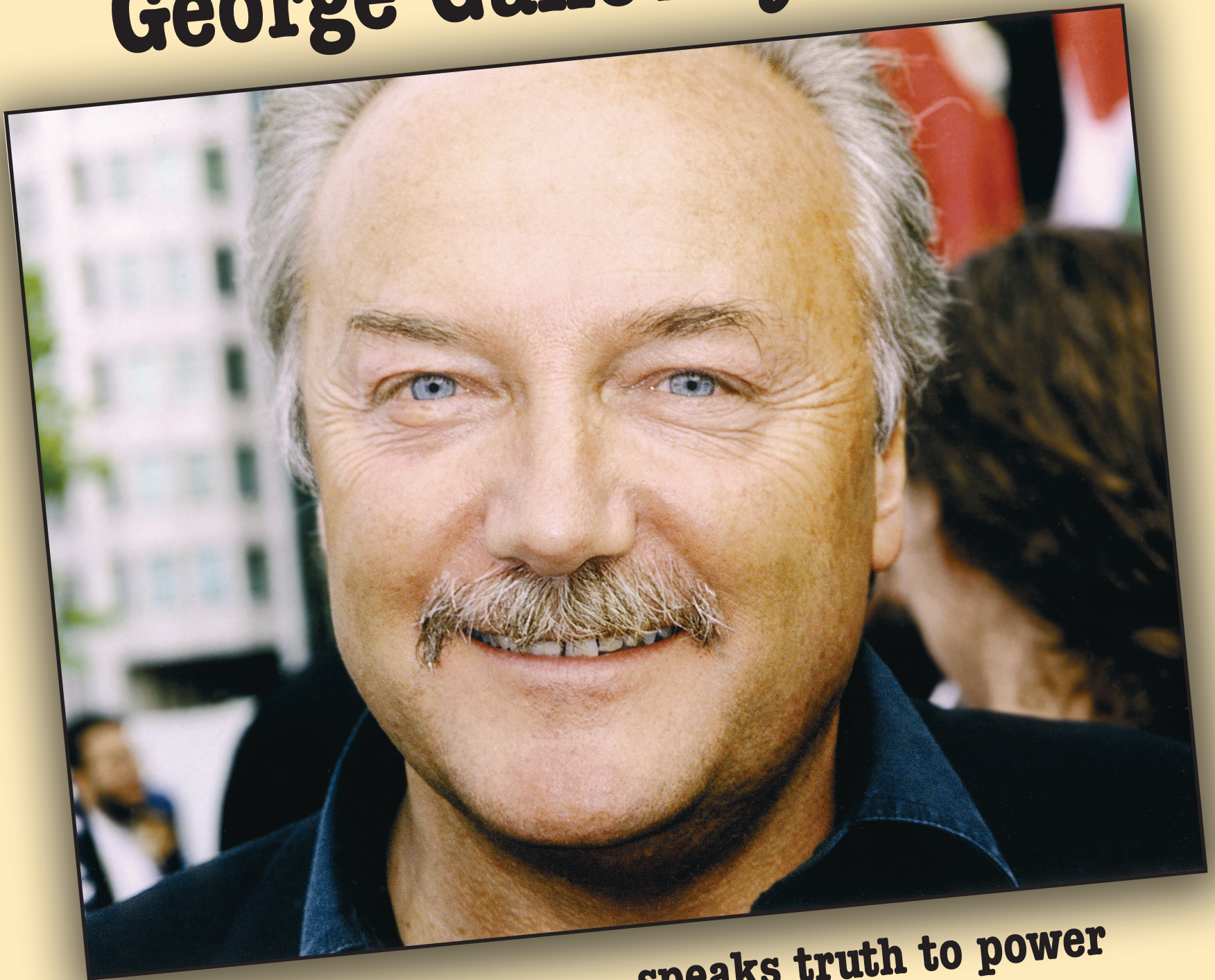


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George Galloway



speaks truth to power

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– from British MP George Galloway's sworn testimony before the United States Senate subcommittee on investigations, part of Homeland Security, chaired by Republican senator Norm Coleman of Minnesota investigating Kofi Annan and the UN's Food for Oil program.

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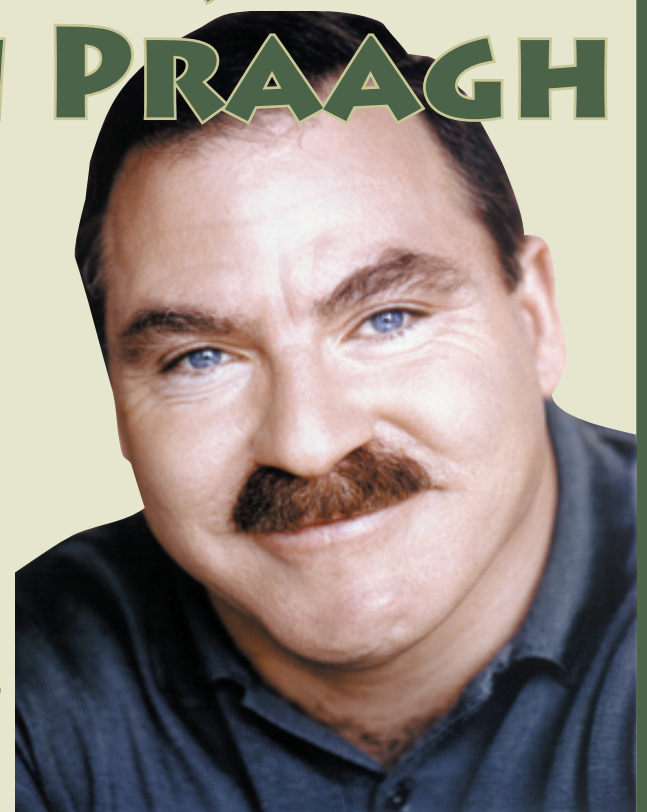
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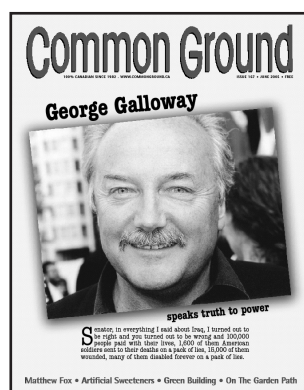
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OUR COVER: Modern day hero George Galloway delivered a blistering rebuttal to the US senate of charges that he received kickbacks from the UN's Oil for Food program. On live TV May 17 he faced off against Republican Senator Norm Coleman of the permanent subcommittee on investigations. Coleman was handpicked by the White House to attack UN Secretary-General Kofi Annan for refusing to support the US war on Iraq.

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BC-STV gets more votes than any party

by Jeff and Diana Jewell

British Columbia voters are now accustomed to a 57 percent vote producing a landslide victory that wins 77 out of 79 ridings. In 2001, the BC Liberals received 57.6 percent of the total vote and won 97.5 percent of the ridings. This result was one of several major factors which led the Liberal government to establish the Citizens' Assembly on Electoral Reform (CA), which recommended the referendum on BC-STV, which received 57.4 percent of the vote and won 97.5 percent of the ridings.

So, by the clearly expressed will of the people, BC will now use BC-STV as its voting system, right? Wrong. At least not yet. Not until and unless the people find a way to make the newly elected politicians understand that we really won't accept anything else. Never, if the power-brokers, backroom operators and spin-doctors of both the government and opposition parties can get away with it.

Why doesn't the strong majority vote for BC-STV require its automatic enactment by the politicians? Because the politicians arbitrarily set the undemocratic threshold for this referendum requiring majority support in 60 percent of the ridings (which was far surpassed with 97.5 percent) plus 60 percent of the total vote (which was narrowly missed with 57.4

percent), prior to counting advance polls.

Obviously, politicians in a democracy understand that, when an issue is reduced to a simple yes/no vote, the only truly democratic standard to reflect the will of the people is a majority vote (ie. 50 percent plus one). No arbitrarily higher threshold can be established consistent with the most fundamental principle of democracy, "rule by the people." Otherwise one would need to make the case of how large a majority needs to be for the will of the people to be served. This is why the majority rule standard is accepted, even if with considerable trepidation, for a referendum that might divide the country.

The argument that government supporters would give is that the BC-STV referendum is a matter of constitutional reform, and that commonly requires a higher threshold. But that argument doesn't really apply in this case for two reasons. Firstly, an implicit consequence of the people's adoption of BC-STV in this referendum was a repudiation of the existing first past the post (FPP) voting system. And secondly, FPP was never itself adopted by a direct vote of the people of BC, Canada, or England from which it came to us; so reform cannot reasonably be held to an arbitrarily higher threshold given that our existing form was itself

never democratically adopted.

With the people having democratically adopted BC-STV in our recent referendum, this may present a constitutional crisis. With the clear majority win for BC-STV came the clear defeat of FPP; hence, it will not be possible to hold another election in BC using FPP and pretend that it is with the consent of the people. But the politicians are also severely constrained in what alternative they might adopt. It could reasonably be argued that BC-STV should be enacted, since it has already been democratically adopted by a strong majority of BC voters. It could not reasonably be argued that some other form of electoral reform should be adopted, since they were all carefully considered and overwhelmingly rejected by the CA.

Mixed member proportional (MMP), what is usually referred to as "proportional representation" was the major alternative studied in-depth by the CA; the show-down vote was approximately 80 percent for BC-STV over MMP. MMP presents numerous serious problems, which are well documented in the CA report. But MMP, while a great improvement over FPP, actually strengthens the control of the political parties and their power-brokers. This is why, when public pressure pushes politicians to adopt electoral reform, MMP is the one the politicians

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Sweet lowdown

ARTIFICIAL SWEETENERS EXPOSED

by Joan Ulyett BA, RHN

Many of us over the age of 30 will remember the Sweet'n Low craze that seemed to reach its height in the 1970s. Messages were all around us about the evils of sugar: it caused cavities, made us gain weight, wreaked havoc on blood glucose levels and was simply unhealthy. To the innocent, media-bombarded bystander this seemed a logical enough argument and prompted millions of North Americans to jump on the artificial sweetener bandwagon.

Sweet'n Low was the sugar substitute of the day and could be seen on restaurant tabletops everywhere; it tasted virtually the same as sugar with no known unhealthy downside. Thanks to modern science we thought we could finally have our cake and eat it too. Between 1903 and 2002, a handful of artificial sweeteners were introduced to the North American public, each with its own promise of low-calorie, guilt-free goodness.

Saccharin, also known as acid saccharin, sodium saccharin and calcium saccharin, led the way in the brave new world of artificial sweeteners and later became the primary ingredient in Sweet'n Low. It was discovered in 1879 by Constantine Fahlberg, a chemistry research assistant at Johns Hopkins University in Maryland and was used in industrial applications until 1903, when entrepreneur John F. Queeny and his newly-formed corporation Monsanto, began selling saccharin to food and beverage companies, including Coca-Cola.

Promoted as a cheap, no-calorie sweetener, saccharin was unique in that it could not be metabolized by the human body and was excreted in the urine. It was quickly embraced in the World War I and II era by a public faced with sugar rationing and was vehemently endorsed by US President Theodore Roosevelt who, in 1911, stated "Anybody who says saccharin is injurious to health is an idiot."

Saccharin's heyday lasted until 1977 when Canadian research demonstrated that high doses of saccharin caused cancer in rats. It was immediately banned in Canada, but then reintroduced later. The US Food and Drug Administration (FDA) deemed that more research was necessary and allowed it to stay on the market albeit with the frightening new warning label "Use of this product may be hazardous to your health. This product contains saccharin which has been determined to cause cancer in laboratory animals." The warning label was removed in 2001 with

the passing of new legislation.

In addition to its carcinogenic quality, saccharin belongs to a class of compounds known as sulfonamides which can cause allergic reactions in individuals who cannot tolerate sulfa drugs. Reactions can include skin eruptions, breathing difficulties, headaches and diarrhea. Some infant formulas contain saccharin and can cause irritability and muscle dysfunction. Presently saccharin is sold in the US under the names Sweet'n Low and Sugar Twin, and in Canada as Sweet'n Low.

Cyclamate, also known as calcium cyclamate and sodium cyclamate, which

previous years. At present it is sold in Canada under the name Sugar Twin.

Like an unwelcome house guest, aspartame crept into the lives of the North American public in 1981 followed by strong assurances by the FDA that it had undergone detailed testing and close scrutiny. It is sold under the names Nutrasweet, Equal and Spoonfuls.

Aspartame was discovered accidentally in 1965 by James Schlatter, a scientist and employee of the pharmaceutical company G.D. Searle, while working on new drug formulations. Despite disastrous safety studies done by G.D. Searle itself and later

visual impairment, seizures, headaches, dizziness, high blood pressure, fibromyalgia-like muscle pain, depression, speech impairment, tinnitus and memory loss.

In 2000, European researchers demonstrated that one of the breakdown products of aspartame, formaldehyde, accumulates in the brain and other organs of regular users leading to immune, nervous system and genetic damage which consequently may result in diagnoses of multiple sclerosis, lupus, Alzheimer's disease, Parkinson's disease, as well as birth defects in children of aspartame users.

In 2002 it was revealed that the original safety studies had demonstrated that another aspartame breakdown product, diketopiperazine, a known carcinogen, produced brain tumours in lab animals and was now showing up in brain tumour tissue removed from humans. Despite such frightening and damning evidence of aspartame's toxicity it is still approved for sale in both Canada and the US with Health Canada recently declaring it safe for use even by pregnant women.

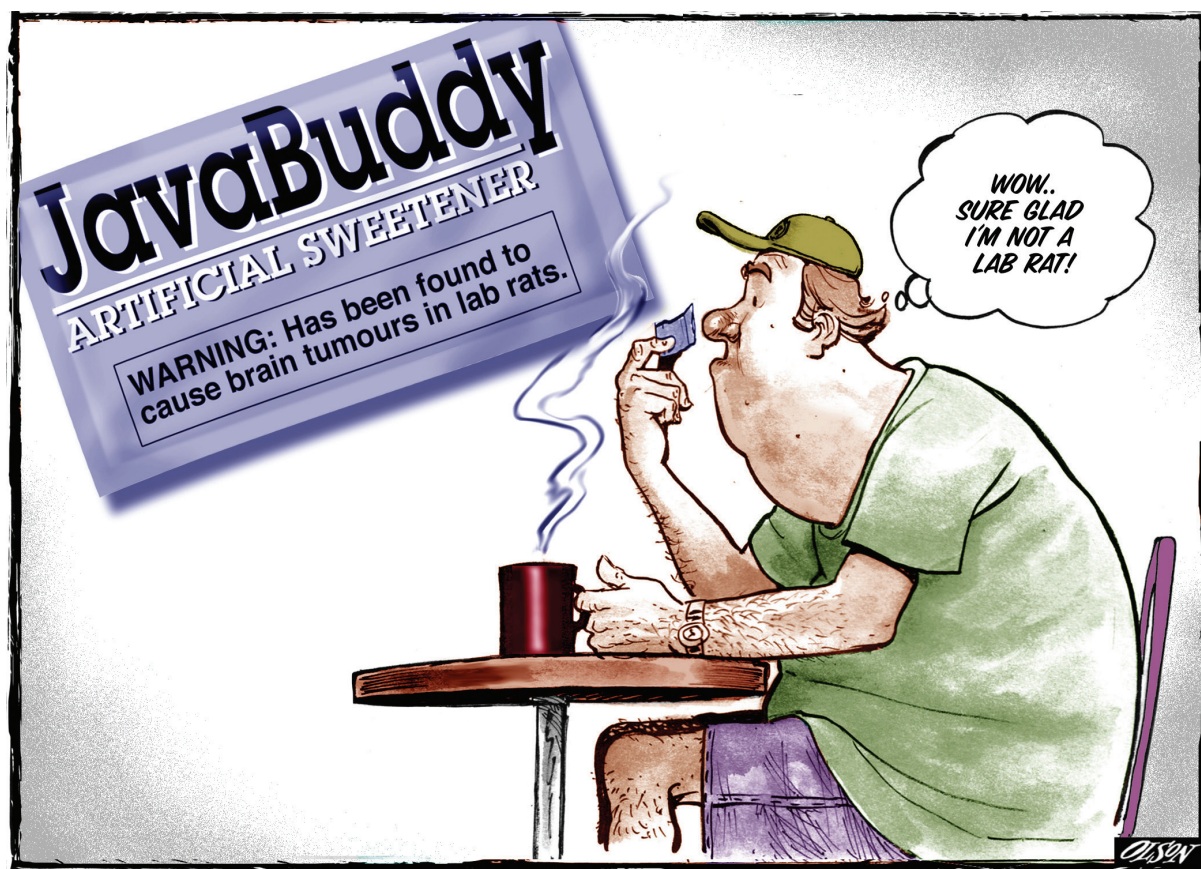
In Canada and the US it is seen on ingredient lists as aspartame, Nutrasweet and Equal, with the US also marketing it as Spoonfuls. A combination of aspartame and acesulfame potassium has also been available since 1995 under the name Twinsweet. And, in 2002 the latest incarnation of aspartame, neotame, was released from the laboratory after full FDA approval.

Acesulfame potassium, also known as acesulfame-K, potassium acesulfame, ace-K and ACK, appeared on the North American scene in 1988 and has been sold under the names Sunett, Sweet One, Swiss Sweet and Sweet & Safe. It was discovered in 1967 by Karl Claus as a chemist working for the Hoechst Group of Germany.

Based on safety studies conducted by Hoechst itself, the FDA approved the limited use of acesulfame potassium in 1988 despite protest by the Center for Science in the Public Interest (CSPI) that it had not been properly tested for safety. Like its precursors saccharin and cyclamate, it is promoted as a non-nutritive sweetener meaning that it is not metabolized by the body (therefore does not yield any calories) and is excreted in the urine.

Over the following eight years the CSPI continued to protest the inadequate safety studies originally done by the Hoechst Group revealing that some of its data suggested that the additive might cause cancer in rats. In addition, other studies demon-

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made its debut in 1950, was one of the first artificial sweeteners to be introduced to the public and was sold under the name Sucaryl. It was discovered accidentally in 1937 by Michael Sveda, a graduate student at the University of Illinois while he was working with pharmaceutical compounds. The patent for cyclamate was purchased by Dupont and later sold to Abbott Laboratories. It was promoted as a no-calorie, diabetic-friendly sweetener and was combined with saccharin in the original Sweet'n Low formula. The late 1960s brought disturbing evidence of bladder cancer and testicular abnormalities in laboratory rats that were fed cyclamate and shortly thereafter the cyclamate bubble burst when the United States banned it in 1969.

Later research showed that cyclamate also caused DNA damage in the digestive organs of rats and mice. In 1978 Health and Welfare Canada declared a "general agreement" that cyclamates were not carcinogenic based on more sophisticated laboratory testing than was available in

by the FDA, aspartame was approved in 1981 with the help of G.D. Searle's then CEO Donald Rumsfeld who was also the secretary of defence in the Reagan administration at the time.

In 1985 G.D. Searle sold the rights to aspartame to Monsanto, the company that has also given us Agent Orange, recombinant bovine growth hormone and a wide variety of chemicals and genetically modified plants.

When it first entered the market, aspartame was promoted as a no-calorie sweetener that could help with weight loss, diabetes maintenance, lower the incidence of cavities and reduce the risks associated with obesity. It was even given an enthusiastic endorsement by the American Dental Association.

Since its introduction to the public and its subsequent marketplace success as an artificial sweetener, independent research has shown that aspartame has neurotoxic and potentially deadly effects on the human body. The most common health problems linked to aspartame include

The Reformation 500 years later

MATTHEW FOX SPEAKS ON THE NEED FOR RELIGIOUS CHANGE

SPIRIT



Fox posting his 95 theses about 500 years after Martin Luther nailed his on the doors of the same church. Cardinal Ratzinger before he became Pope, expelled Fox who at that time was one of the top theologians in the USA. Ratzinger also expelled other prophetic priests and theologians who were leaders of liberation movements of the poor and the oppressed. The church has been hijacked by those committed to a preferential option for the rich and the powerful says Fox.

THE REFORMATION THEN

Approximately 500 years ago a religious revolution occurred on the European continent. It was launched on German soil in the town of Wittenberg by an Augustinian monk and theologian named Martin Luther. This Reformation, as it came to be called, was heard around the European world. Like any great historical event, many forces combined to make the consequent break with Rome occur. But among the most significant forces were the following:

1. The invention of the printing press

This technological achievement effectively democratized knowledge and the power knowledge and information brings with it. The Reformation was the religious response to the printing press invention – the first book printed was the Bible after all. It made the dissemination of the Bible in the vernacular available to national groups and individuals as never before. This invention effectively launched the modern era of scholarship and textual analysis that we call the Enlightenment. Modern science and widespread education followed.

2. The rise of the nation state

The nation state eagerly accepted Martin Luther's break with the Holy Roman Empire and the Roman church that legitimized that empire and held it together. Nationalism motivated the rapid invasion of conquered lands and peoples and the accumulation of riches taken from the indigenous peoples of the Americas, Africa, Pacific Islands and Asia. Booty in the form of slaves as well as gold, silver and other riches were carted off to Europe.

3. The corruption of the Roman Catholic Church in the highest places

Defective theology, the selling of indulgences combined with simony, nepotism and greed ruled the popes and their fiefdoms. Great anger and resentment was stirred by those peoples who were taxed for such purposes and shared nothing from the money and privileges that accrued.

It was difficult to see any resemblance between a corrupt papacy and Jesus the founder of Christianity. Apocalyptic slogans of Rome as "anti-Christ" and Rome as "whore of Babylon" captured the popular imagination.

4. The rise of an educated elite

Martin Luther was among those who could read and translate Biblical languages. This made for an intellectual empowerment that could not be matched by mere repetition of dogmatic shibboleths that doctrinaire churchmen repeated ad nauseam.

THE REFORMATION NOW

In 2005, an analogous situation prevails but with added dimensions of seriousness. Among these is the peril that the human species faces along with the thousands of other species that are going extinct on the planet. It is an extinction spasm not witnessed on the Earth for 65 million years. The last time such a spasm occurred was when the dinosaurs disappeared.

Human knowledge and technology are the most significant cause of this extinction spasm today. Isn't this another way of saying that religion is not doing its task? That religion is powerful in the wrong ways and powerless about the right ways? The population explosion of the human race, the growing canyon of divide between the haves and have-nots, rich and poor, powerful and powerless, cry out for attention. So too do the rights of minorities be they women, people of colour, tribal and indigenous people or gay and lesbian people.

Among today's issues that parallel the Reformation movement of the sixteenth century are the following:

1. The electronic revolution of the 1960s

This launched what we now call the post-modern era of the computer chip, internet, email and mobile phones. Instantaneous global communication has profound political and religious implications. Just as the printing press helped

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An invisible sun The Deadly Spins finale

by Geoff Olsen

CULTURE

We're now at the end of the spins cycle. Superbia, ira, invidia, avaritia, acedia, gula, luxuria: Pope Gregory compiled the list of deadly sins 1,400 years ago. Pride, or superbia in Latin, heads the list, followed by envy, anger, avarice and sloth. These are all sins of the spirit, the mind, the soul: the true or higher self. Gluttony, or gula in Latin, is near the end, next to lust. These are the sins of the flesh.

Throughout this series I have argued that we've spun the medieval concept of the seven deadly sins, by default rather than by design, into something new and psychically seismic. What began as a form of social control built on self-denial has been inverted into a form of social control built on self-absorption. Envy, anger, greed, lust and gluttony all move product and services, as does pride, in its latest incarnation as "high self esteem." Even sloth, in its original sense that the church fathers meant, a torpor of the soul, has found a new, market-friendly form as clinical depression.

We live in a world of marvels; of just-in-time inventory, and globe-girdling communications systems that help mediate a lifestyle of great comfort and enjoyment for a great many of us. Never before have so many been exposed to so many life-affirming possibilities in the arts and sciences. To deny the positive aspects of hypercapitalism would be one-sided and simplistic. Yet as Buddhists say, all things have both a hellish and heavenly aspect. The flip side of a robust, high-tech economy is a regime of time-gobbling, unrewarding work for a great many of us, along with shrinking community. Weakened by the system, we risk allowing it to sicken us further into cynicism, by internalizing the false gods of competition and capital.

Greed, anger, and all the other so-called sins are normal human emotions. They have always been with us, and always will; and surely such feelings are, to a certain degree, unavoidable and perhaps even necessary. The difference today is the messaging, both overt and covert, that these are somehow laudable states of mind.

The paramount signature of the Deadly Spins is separation. They separate the individual from others, the world, and one's own inner resources. They promote a worldview that is grasping, fragmented, fearful and perpetually dissatisfied. Greed, anger and all the other spins tend to shrink the world to the boundaries of the "skin-encapsulated ego." This mindset threatens the very species it has infected like a spiritual bacillus, and is pushing the biosphere to its limits. The ideal is to keep the citizen-consumer always looking to the market for solutions to his or her discontent; the monstrous nature of consumerism can make monsters of those it touches.

In bringing this series to a close, a story of one particular "monster" comes to

mind. The life of John Merrick has much to tell us of how the human spirit can rise above circumstance, and the demands and commands of the market.

One day in 1884, Dr. William Treves, a lecturer in anatomy at London University Hospital, crossed the street from work. He noticed a gaudily painted sign above a recently-vacated greengrocer shop, announcing a showing of The Elephant Man inside. Intrigued, Treves entered, and gave a few pence to the showman at the desk, who rose and casually swept aside a curtain in the back of the room.

In the faint blue glow of the gaslight, Treves witnessed a figure crouching on a stool, covered by a worn brown blanket. The figure sat before a brick warmed by a Bunsen burner, huddled close for warmth. The showman yelled "stand up!" as if commanding a dog. The figure slowly rose to his feet, dropping the blanket to its feet.

The anatomist was horrified by the sight. A few lank hairs were draped over the man's massive skull. A mass of bone projected from his mouth, turning the upper lip inside out and making of the mouth a "mere slobbering aperture." (In the painting outside of The Elephant Man in the storefront, this growth had been portrayed to appear to be a rudimentary tusk.) "The nose was merely a lump of flesh only recognizable as a nose from its position," Treves wrote 20 years later of his first meeting with John Merrick. "The face was no more capable of expression than a block of gnarled wood." The body was even more appalling, with huge sacks of cauliflower-like flesh hanging off Merrick's trunk and appendages.

His right arm was a disfigured stump, with the tuberous, root-like fingers giving his hand the appearance of a "radish." The other arm was a remarkable contrast in its normalcy. Treves remarked on its delicacy and fine skin, and Merrick's "refined hand." It was the one outward sign of his fundamental humanity. Yet his speech was almost unintelligible, and Treves imagined him devoid of reason or any deep emotion. From the showman he learned that The Elephant Man was English, aged 20, and went by the name John Merrick. As a doctor, Treves recognized the monstrosity represented some acute medical condition, what today we call neurofibromatosis. He arranged with the showman to interview the "strange exhibit" in his examining room at London University Hospital.

Merrick showed up a few days later, a shambling figure with a walking cane, disguised with a cloak and an enormous peaked hat with a curtain draping his face. The elephant man was "shy, confused, not a little frightened and evidently much cowed," wrote Treves. The doctor determined through careful listening to his garbled speech some of the details of Merrick's life. "Here was a man in the heyday of youth who was so vilely deformed that everyone he met confronted him with

a look of horror and disgust." Shunned like a leper and housed like a wild beast, the young man "was taken about the country to be exhibited as a monstrosity and an object of loathing."

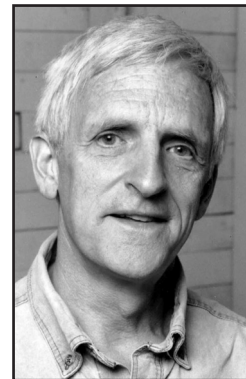
At the age of 20, Merrick had no plans to look back upon or a future to look forward to. "There was nothing in front of him but a vista of caravans creeping along a road, of rows of glowing show tents and of circles with staring eyes, with, at the end, the spectacle of a broken man in an...infirmary."

After the examination, Merrick returned to his abode across the street. The next time Treves returned for a visit, the display, the showman, and Merrick were gone, shunted along by authorities who had determined the show offensive

to public order and decency. That might have been the doctor's final encounter with The Elephant Man, had not Merrick and his promoter experienced a similar fate with police in Belgium. The promoter, tiring of the constant harassment from officials, gave his former meal ticket just enough money to get back to London. There police picked him up off the streets, and delivered him to London Hospital. Merrick, fortuitously, still had the business card of Dr. Treves, who was immediately contacted.

Treves, arriving to rescue the frightened Merrick, realized he couldn't turn this pathetic creature out into the world again. By publicizing his case in the local papers, the doctor gathered enough funding for

continued on page 33



Matthew Fox

"The Universe itself, blessed and graced, is the proper starting point for spirituality ... Ours is a time of emerging awareness of the interconnectivity of all things. Mysticism is all about interconnectivity. Thus ours is a mystical time." Matthew Fox

The Rev. Dr. Matthew Fox, a postmodern theologian and ordained priest since 1967, is president of the Wisdom University, and co-director of the Naropa Oakland MLA in Oakland, California. Author of 26 books, including: *Creation Spirituality*, *Original Blessing*; *Creativity: Where the Divine and the Human Meet*, and his most recent, *A New Reformation*.

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tribution to greenhouse gas emissions by almost 1 tonne per year!

For more information, contact Go for Green 1-888-822-2848.

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Established by BEST (Better Environmentally Sound Transportation) in 1996, the Commuter Challenge is a nationwide event that promotes friendly competition among organizations and cities to see who can get the highest percentage of citizens and employees out of single occupancy vehicles (SOVs) and into healthier and cleaner, sustainable modes of commuting such as

walking, cycling, transit, carpooling, van-pooling and teleworking.

Increasing our use of sustainable transportation makes our region more livable by reducing traffic congestion, harmful vehicle emissions and improving employee and public health.

The tenth annual GVRD Commuter Challenge encompasses a number of events that are targeted to the Vancouver business community.

This year also marks the second annual multi-modal relay race. Teams of five race from Burnaby Lake to Science World by kayak, bike, in-line skate, Skytrain and foot 604-689-4467.

The BC Commuter Challenge on June 8, will have more than 100 businesses with more than 15,000 employees taking part.

Communities taking part in BC include Nanaimo, Greater Victoria, Prince George, Kamloops, Kelowna, Whistler, Nelson and the Greater Vancouver Regional District.

The BEST pancake breakfast awards ceremony June 29 will conclude the Commuter Challenge. The event begins at 7 am at the CBC Plaza in conjunction with Greater Vancouver Bike Month's pancake breakfast event. 604-669-2860.

You are the pedal power

This year, Greater Vancouver Bike Month includes a wide range of exciting and educational events organized by groups across the Lower Mainland. (BEST). 604-669-2860 www.best.bc.ca

Bike Month 2005 highlights include:

May 31 – June 3

World Mountain Bike Conference on Sustainability www.nsmfbc.com/conference.asp

May 30 – June 5

North Shore Bike to Work Week. All day North Vancouver. www.biketoworkbc.ca

June 1 – 30

Fleetwood Bike Fitness Challenge. M – F, 7 am – 10 am. Weekends, 9 am – 5 pm Fleetwood Community Recreation Centre, 15996 – 84th Avenue. Bike your way around Surrey using cardio equipment. 604-501-5054.

June 2 – 27

Ceramicycle 2005. 6 – 8 pm Gallery of BC Ceramics, 1359 Cartwright St., Granville Island. A presentation of ceramic sculptures promoting and celebrating the bicycle. www.bcpotters.com www.muddycatstudios.ca

Saturday, June 4

Bike to Pitt Meadows Day. 11:30 am – 4:30 pm The day ends with a salmon barbecue 5 – 7 pm. 604-465-2452.

Saturday, June 4

Bicycle and Tricycle Riding Is Family Fun. Noon – 4 pm UBC Bookstore, 6200 University Blvd. 604-822-2665.

Saturday, June 4

Lantern Ride. 9 pm sharp David Lam Park, Davie and Pacific. Ride along the seawall and through the forest of Stanley Park. As the night darkens the bushes will glow with colourful

lanterns and along the way, we will stop and hear pedal power minstrels.

Meet at David Lam Park at 7:30 to make lamps and decorations. Bring a flashlight or bike light and a plastic jug. No flames please. Art bikes and costumes welcome. www.pedalpower.org 604-255-2102.

Wednesday, June 8

Commuter Challenge. A friendly competition between cities and workplaces across Canada to see who can get the highest percentage of employees into cleaner, sustainable modes of transportation such as transit, carpooling, cycling, or walking. 604-689-4467.

Wednesday, June 8

Clear Air Day/Commuter Challenge Breakfast. 7:30 am – 9 am, Century House, 8th Street at 7th Avenue on the Crosstown Greenway, New West. Breakfast 8 am at the official unveiling of the New Westminster pedestrian/bicycle guide map and the initial bikeway/greenway network. 604-527-4592.

Thursday, June 9

Bike to School Day. A day to focus on bike safety at school. www.waytogo.icbc.bc.ca 604-732-1511.

Friday, June 10

Margaret Charles Chopper Collective (MC3) Ride. 6:30 pm, Science World gazebo, 1455 Quebec St. Freaky art bike collective invites you to take a ride with a post apocalyptic gang of velomutation riders.

Saturday, June 11

From 10 am – 4 pm at Science World, 1455 Quebec St., the Vancouver Electric Vehicle Association is holding a ride an electric vehicle extravaganza featuring electric bikes. 604-878-9500 www.veva.bc.ca

Saturday, June 11

Stanley Park Bike Festival. 8 am – 2 pm Brockton Point in Stanley Park. www.stanleyparkbikefest.ca

Saturday, June 11

World Naked Bike Ride, 3 pm, Sunset Beach, east of English Bay on Beach Ave. On June 11, 54 cities across the world will be participating in a naked bike ride to protest car culture. www.worldnakedbikeride.org

Saturday, June 11

Cloverdale Family Bike and Safety Fair. 11 am – 3 pm Cloverdale Rec Centre, 6220 – 184th St. A great family event with prizes. 604-502-6420.

Saturday, June 11

Safe Riders Bike Event. 9:30 – 11:30 am Fleetwood Community Recreation Centre, 15996-84th Ave., Surrey 604-501-5030.

Sunday, June 12

Island City by Bike. 10:30 am Britannia Heritage Shipyard, 5180 Westwater Drive, Richmond. Long ride (24 km) will depart at and travel out to the Shell Road Trail via Westminster Highway and return along Williams Road, the West Dyke Trail and Imperial Landing.

11:30 am – short ride (8.5 km), loop around the West Dyke Trail and Railway Avenue. Refreshments and a raffle prize draw. 604-276-4035.

Sunday, June 12

Rick Hansen Wheels in Motion. Locations around the Lower Mainland. Canadians of all ages and abilities are

continued on page 31

MasterPath

THE TEACHINGS OF LIGHT AND SOUND

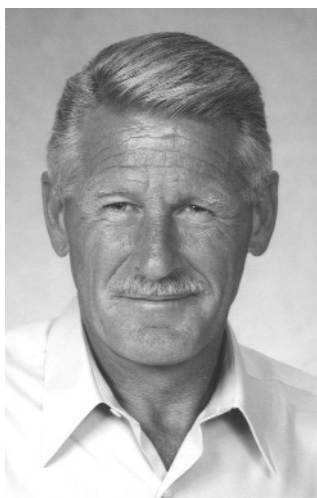
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Sri Gary Olsen



Sri Gary Olsen,
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A ghost in the diner

STORY SLAM

by Sean McGarragle



Is it the suffrage of the sunset or the twinkle gaze of the skyline that sets my mind in motion? I am a ghost on the window in a diner in northern Saskatoon. The year is 1982.

In the kitchen, Stephen Flint, a middle-aged former football player turned restaurateur, lures lint nestled underneath the stove to the alcove of a dustbin he purchased the day before from the local hardware store. He sweeps and hums, a canary in his own mind shaft, daft and dumb for the nightmare to come.

At the counter, the waitress Rita rolls knives and forks into napkins, beginning to hum the same sad song that's brought Stephen – the ever present and aware owner of this diner – to a man with the presence of a miner on Mars, digging for water in his birthday suit, with a root of knowledge limited only to a sand box.

The first to arrive at the door is a young girl from town. Far from the class clown, Susan, a straight-A student with a penchant for writing poetry, pulls up two creamers and a coffee and after giving her please and thank-yous to Stephen and Rita, proceeds to even her disheveled head with two quarters and a song from the jukebox. She bobs and weaves to the ease of Aretha Franklin singing, "You're all, I need to get by..."

The next guy who walks through the door is Stewart – a trucker due to retire at age 54, with a cottage in Banff and enough apathy to whore himself to the leisure gods and the fishing up there, trout fishing to be precise.

While all of his comrades and friends spent their ends meet on family and vice, he took solace and faith in the somewhat wraith-like nice notion, of the ocean of possibility that sits on the edge of the hook of retirement or the bait of the environment of those happily unemployed.

So the stage of the scene is set, and lest we forget, we have Stephen in the kitchen and Rita rolling napkins on the counter. We have Susan sipping poems and song at the long, dark and handsome booth at the back of the building. And Stewart now sitting at the counter flipping through the leisure section of the newspaper.

All this now gets a bit more complicated. Two young men named Butch and Duke with cut-off jean jacket sleeves and two items purchased without the luxury of governmental registration, chime through the front door marked: "Open for business" with three witnesses and one dead-body-to-be sipping coffee and subconsciously humming about true love and a protest piece.

The two men's rhythm and movement is mechanical like two animals stalking their prey and you wouldn't have needed x-ray vision or a crystal ball to see the trigger on their lips – not with a ball cap with a southern flag on it and the drag of a long look pointed at the girl with the mahogany skin, sitting at the back of diner, writing.

"Coffee boys?" Rita says greeting the two at the door, torn from the song about war that still echoes in her mind. "The special's bangers and mash for three sixty four. Think that'll do the trick?"

Butch, without missing the beat, gives Rita a lick from the butt of his gun, sending her crashing to the tile floor, mumbling something. Duke pulls out his magazine and with his left hand on Stewart's shoulder puts the eye of his gun to the back of Stewart's cranium screaming, "This is a hold up!"

Susan's eyes dart up from her book and pen while Stephen, standing in the kitchen, freezes deer-like at the sight of these two young men doing their best impersonation of Bonnie and Clyde – without the sympathetic glide of the knowledge of their romantic tendencies.

"Yo, open the safe," Butch yells at Stephen. "And if you think of calling the cops, I'll put an even six rounds in your head!"

"And you, in the back, get your ass over here!" he yells to Susan, while Duke begins bruising the back of Stewart's balding head.

Now I'd love to say that the headlines in the daily newspapers the day after read: Retiree Saves Young Poet With a Fishing Line Suture or Future Hall of Fame Linebacker Stops Two Thieves Trying to Rob His Diner, but that would be both a lie and cumbersome.

Truth be told, the scant 20 words that never made national headlines read something like this, "Young Candice Bearg, age 16, was found dead on the scene at Stephen Flint's diner, just north of Saskatoon – the aftermath of an early morning robbery."

And that little thought balloon or bubble-sized press clipping – that was supposed to address our poignant example of a national crisis – failed in its compression of the facts to mention that she'd be sorely missed after her lifeline was hijacked.

Originally from Toronto, Sean McGarragle currently resides in Vancouver, BC. He is founder/artistic director of the West Coast Poetry Festival and is on the board of the Vancouver Poetry House. This summer he will be touring Western Canada with the poetry/spoken word troupe Core Sample, sean@wcpf.ca



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Green building

HABITAT

by Salah Eldeib

Sustainability calls for innovation, and both require creativity and the search for constant improvement. Both sustainability and innovation begin with the belief in a possibility and the desire and motivation to realize it. Without the conviction that a green and sustainable future is possible, people would not devote their time and energy to sustainable innovation. Innovation and awareness on the part of government, corporations, non-profit organizations and the public are keys to sustainability.

An important approach to innovation on the path to sustainability is to consider all obstacles encountered as part of a project. For example, the development of technical solutions and cash flow problems are equally important; innovative and sustainable solutions must be sought out for all problems. It is important when finding solutions to look at, and keep the whole picture in mind, and not to fix one thing at the expense of another.

Innovation and sustainability ought to be the cornerstones of individual and corporate philosophy and endeavour. They will identify opportunities to create new value in service, product design, and performance. Ongoing development of novel ecological building systems and methodologies is paramount to our welfare, and will provide major benefits for humanity and the environment globally.

Sustainability will become affordable only with innovation. Governments, organizations and the general public must encourage innovation in the design of economical sustainable building systems that are durable, healthy (no off-gas) and energy efficient. Ideally the green building designer will create organic exterior shapes that are in harmony with the surrounding environment and an interior design that promotes a relaxing atmosphere that enhances the wellbeing of the inhabitants. The most desirable and elegant design solutions are those that reduce complexity while solving multiple problems.

A considerable number of environmentally conscious designers are dedicating their time and resources to develop revolutionary ecological systems that will have a powerfully positive impact on future generations. Many professionals, however, prefer and hold to the old school. For them, change is difficult. There is always risk involved in working on new ideas and techniques, but innovators enjoy many rewards. In addition to the satisfaction they receive for helping their communities and the environment, they achieve professional growth and become leaders in their respective fields.

Sustainability was once a luxury or an accessory. This is no longer the case. It is now a necessity, a must have. Thanks to the ecologically minded who have promoted awareness amongst the general public, individuals and organizations who do not implement sustainability in their work, any work, will soon be left behind. They will be seen as part of the problem rather than part of the solution.

Finding methodologies and solutions, and developing environmental, economical and durable green buildings have become paramount. Concern for the environment and the amount of waste in the construction industry has inspired the development of new environmental buildings and structural systems. The philosophy behind some of these is not just waste reduction, but the use of as much waste materials as possible in the first place.

These systems must be versatile to enable the construction of economical multipurpose structures using recycled materials. The life spans of green buildings should exceed those of the conventional, thereby causing less ecological damage as the environmental impact is spread over a longer period. Durability and resilience are important requirements as they must be able to carry heavy loads, and withstand wind and earthquake stresses.

Green buildings ought to effectively protect the environment by reducing construction waste and saving on energy. They must be construction sensitive caus-

ing minimal jobsite disturbance. Materials with low embodied energy (energy used in resource extraction, manufacturing and shipping) should be selected. Local materials should be utilized to reduce energy use and pollution generated by transportation. With innovation, the eco-buildings have the potential to become the backbone of a viable value-added industry bringing prosperity and wellbeing to many communities around the world.

A sustainable green building has three major aspects: the design, materials and jobsite. Decisions made during the design and construction of a building will go on affecting the environmental performance of that building for a long time, perhaps for generations. Design smaller build-

***Sustainability...once
a luxury...is now a
necessity...***

ings and optimize use of interior space. Make the building adaptable to future changes. Use renewable energy such as passive solar heating, daylighting, natural cooling systems and other methods and ensure an energy efficient design. In your initial plan aim at minimizing waste and optimizing material use.

Design for durability, longer life span, to spread the environmental impacts of building over as long a period as possible. Install water-efficient plumbing fixtures and appliances. Plan for a healthy building by controlling moisture to minimize mold and introduce daylight to as many spaces as possible. Provide for continuous heat-recovery ventilation. Finally, provide storage for recyclables to make it easy for occupants to recycle waste.

Buy locally as energy use and pollution generated by transportation should be avoided and specify materials with low embodied energy. Use waste and salvaged building materials as much as possible. Seek independently certified, responsible supplies and avoid materials that will off-gas pollutants such as solvent-based finishes, adhesives, carpeting, and many other building products that release formaldehyde and other volatile organic compounds into the air.

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continued on page 21

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Letters to the editor

Eisenhower on foolish politicians

You will love this quote:

"Should any political party attempt to abolish social security, unemployment insurance, and eliminate labor laws and farm programs, you would not hear of that party again in our political history. There is a tiny splinter group, of course, that believes that you can do these things. Among them are a few Texas oil millionaires, and an occasional politician or businessman from other areas. Their number is negligible and they are stupid." – President Dwight D. Eisenhower, 1952

www.eisenhowermemorial.org/presidential-papers/first-term/documents/1147.cfm

Richard Sales

Vancouver Island, BC

Watson on Greenpeace whaling stand

Although I am fully in support of the efforts by Greenpeace to oppose the construction of a whale meat processing plant in South Korea, I am puzzled that Greenpeace is involved in a campaign against South Korea and not Norway.

This smacks of a Eurocentric bias. The Greenpeace ship Esperanza is in Norway

yet the crew refuses to challenge the whalers because in the words of one Greenpeace Norway representative, "whaling is a distraction from more important issues."

In other words, stopping whaling in South Korea is important but in Norway it is a distraction.

Greenpeace has never had an active campaign against the slaughter of pilot whales in the Danish Faeroe Islands.

The difference between the Faeroes and Norway and the situation in South Korea is that Greenpeace has a membership base in Norway and Denmark and Danish and Norwegian public opinion is in favor

of whaling.

The campaign in South Korea is based in Tokyo where according to Steve Shallhorn of Greenpeace Japan, there are 5,500 Japanese Greenpeace members. The Japanese would of course be supportive of a campaign against the Koreans yet Greenpeace has not sent a single representative to oppose the slaughter of dolphins in Taiji, Japan.

So why is whaling acceptable in Norway and Denmark and killing dolphins is acceptable in Japan, but whaling is unacceptable in Korea?

continued on page 16



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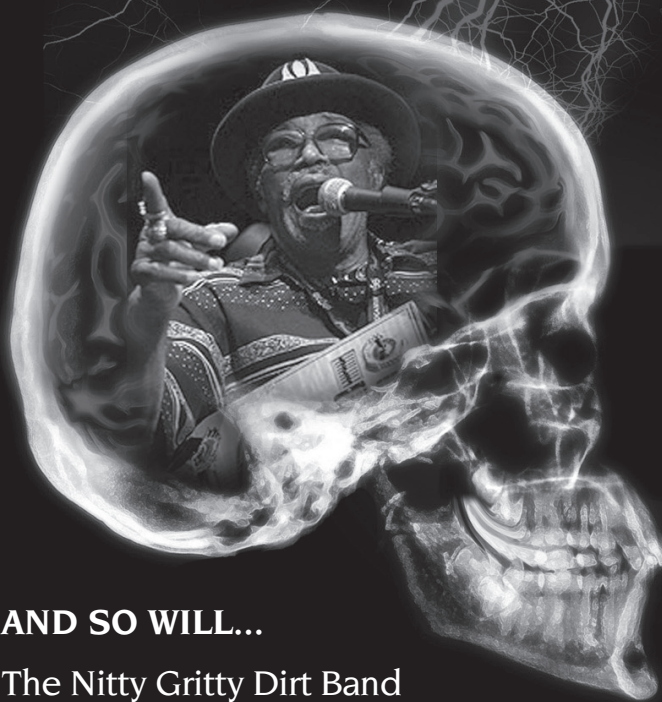


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Bodily emotion

THE POWER OF NOW

by Eckhart Tolle

You say that an emotion is the mind's reflection in the body. But sometimes there is a conflict between the two: the mind says "no" while the emotion says "yes," or the other way around.

If you really want to know your mind, the body will always give you a truthful reflection, so look at the emotion or rather feel it in your body. If there is an apparent conflict between them, the thought will be the lie, the emotion will be the truth. Not the ultimate truth of who you are, but the relative truth of your state of mind at that time.

Conflict between surface thoughts and unconscious mental processes is certainly common. You may not yet be able to bring your unconscious mind activity into awareness as thoughts, but it will always be reflected in the body as an emotion, and of this you can become aware. To watch an emotion in this way is basically the same as listening to or watching a thought, which I described earlier. The only difference is that, while a thought is in your head, an emotion has a strong physical component and so is primarily felt in the body. You

can then allow the emotion to be there without being controlled by it. You no longer are the emotion; you are the watcher, the observing presence. If you practise this, all that is unconscious in you will be brought into the light of consciousness.

So observing our emotions is as important as observing our thoughts?

Yes. Make it a habit to ask yourself: What's going on inside me at this moment? That question will point you in the right direction. But don't analyze, just watch. Focus your attention within. Feel the energy of the emotion. If there is no emotion present, take your attention more deeply into the inner energy field of your body. It is the doorway into Being.

An emotion usually represents an amplified and energized thought pattern, and because of its often overpowering energetic charge, it is not easy initially to stay present enough to be able to watch it. It wants to take you over, and it usually

succeeds – unless there is enough presence in you. If you are pulled into unconscious identification with the emotion through lack of presence, which is normal, the emotion temporarily becomes "you." Often a vicious circle builds up between your thinking and the emotion: they feed each other. The thought pattern creates a magnified reflection of itself in the form of an emotion, and the vibrational frequency of the emotion keeps feeding the original thought pattern. By dwelling mentally on the situation, event, or person that is the perceived cause of the emotion, the thought feeds energy to the emotion, which in turn energizes the thought pattern, and so on.

Basically, all emotions are modifications of one primordial, undifferentiated emotion that has its origin in the loss of awareness of who you are beyond name and form. Because of its undifferentiated nature, it is hard to find a name that precisely describes this emotion. "Fear" comes close, but apart from a continu-

ous sense of threat, it also includes a deep sense of abandonment and incompleteness. It may be best to use a term that is as undifferentiated as that basic emotion and simply call it "pain." One of the main tasks of the mind is to fight or remove that emotional pain, which is one of the reasons for its incessant activity, but all it can ever achieve is to cover it up temporarily. In fact, the harder the mind struggles to get rid of the pain, the greater the pain. The mind can never find the solution, nor can it afford to allow you to find the solution, because it is itself an intrinsic part of the "problem." Imagine a chief of police trying to find an arsonist when the arsonist is the chief of police. You will not be free of that pain until you cease to derive your sense of self from identification with the mind, which is to say from ego. The mind is then

Excerpted from The Power of Now by Eckhart Tolle, \$14 US, \$15.75 Canada, trade paperback, published by New World Library and Namaste Publishing www.newworldlibrary.com or www.namastepublishing.com. Also available at local and online bookstores.

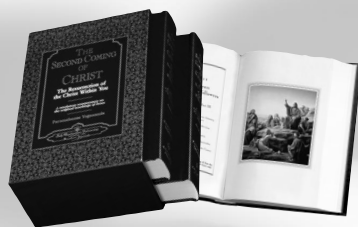
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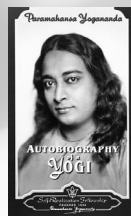
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Dancing with spirit

UNIVERSE WITHIN *by Gwen Randall-Young*

Following intuition is like following a dance partner, only instead of a fellow human, your dance partner in life is the universal flow.

I've had the experience, on a few rare occasions, of dancing with an expert dancer and surrendering completely to his lead. In that moment of surrender, there is a transcending of two people on a dance floor, and instead it feels as though you are being carried by the dances. Gone are thoughts of proper steps or dance position, yet somehow the dance seems to be performed flawlessly and effortlessly. The two dancers become one combined movement, seemingly carried by the "wind" of the music and the partner's touch. There is a synergistic elegance that is as transcendental as the deepest meditation.

Our intuitive knowing is felt when a place deep within our being connects with the universal stream of consciousness, when the "drop" of our individual consciousness merges, if only for an instant, with the ocean of oneness. We feel that "flash" of knowing, or energy, and know that it is distinctly different from our usual left-brain thinking.

In our culture such flashes are often noted with curiosity, but then discarded as we move along our rational, linear path. Somehow though, they leave a trail, like the vapour trail of a jet, across our consciousness. Some part of our awareness knows that intuitive flash was significant. We will often remember it later as life events have unfolded in a way that reveals that flash was not just a random thought, but a signal. "I knew I should have..." is the refrain which follows the hapless discarding of what clearly was a significant piece of guidance.

My first book, *Dancing Soul: The Voice of Spirit Evolving*, was an intuitively guided piece of work. There were so many references to life as a process of freeing our souls to dance in harmony with a divinely choreographed blending of "spirit" with "Spirit." The message was clear and strong, but it has taken me years to move the understanding of the message into practice.

In physical dancing, we first learn individual steps. Then, those steps are put together into patterns. Finally, many patterns are combined to do the dance. The same is true in learning to follow the lead of intuition. Intuition has been defined in many ways, although it is one of those indefinable concepts. I think of it like this: our individual spirit is moving through life inside the shell of our ego, or self, somewhat like Cinderella in the coach. At some point, we catch a glimpse of the

Prince, which is Spirit. Our heart quickens because there is something special wanting to happen.

At this point, we may think we are not special enough to catch his eye. Surely he was not really looking at us. Still, there was something in the air. We are curious, but pass it off. Then we find, little by little, that the Prince keeps showing up in our lives. Now, we pay a little more attention. "What could this mean?" We wonder if there may be something significant to which we should be attending.

When Spirit comes calling we may at first wrestle with it, resisting its lead.

So it is with Spirit. It shows itself to us in flashes of knowing, and in coincidences. Slowly, if we are open, we begin to realize that Spirit (the Prince) is indeed looking

for us. We begin to take more notice each time he shows up. What this means in life is that we begin really reflecting on those flashes and coincidences.

At some point, we consider the possibility of setting our rational thinking aside, and following the guidance that seems to be waving at us. As we do this, we may feel we have left solid ground, spontaneously following an invisible trail. Much to our surprise, the sky does not fall. In fact, very often wonderful new pathways open up for us. We have just taken a whirl on the dance floor with Spirit.

Now we are ready to really learn the dance. When Spirit comes calling we may at first wrestle with it, resisting its lead. The dance is anything but smooth, because we are pushing and pulling things our way. We have not yet learned to surrender completely. That is quite natural. Remember, first the steps, then the patterns, and finally, the dance.

Eventually, if it is what we want, we can learn to simply fall into Spirit's arms when it asks us to dance. In doing so, we must relinquish any need we have to control the outcome. We just relax, surrender, allowing Spirit to take us, to guide us.

Spirit is the perfect dancer, the perfect partner. There is nothing we can teach it, but so much it lovingly wishes to show us. Step out of the coach of ego and rational thinking and take the hand Spirit gently extends to you. Experience the joy, the wonder, the magnificence of the dance. It will transform you and your life.

Gwen Randall-Young is an author and psychotherapist in private practice. For information about Dancing Soul: The Voice of Spirit Evolving, or her other books, tapes or new healing CDs go to www.gwen.ca or gwendall@shaw.ca

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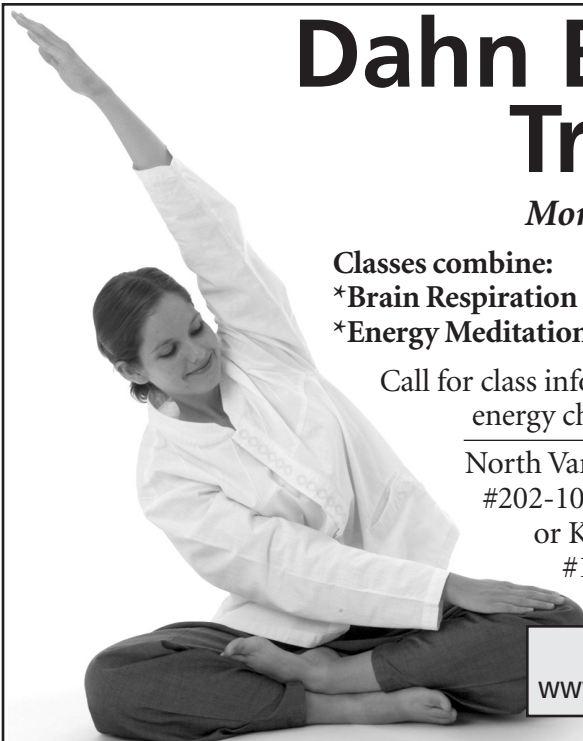
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British MP vs. the US senate

CULTURE

George Galloway, respected British MP for Bethnal Green and Bow, delivered this statement May 17 to US senators who have accused him of corruption.

"Senator, I am not now, nor have I ever been, an oil trader and neither has anyone on my behalf. I have never seen a barrel of oil, owned one, bought one, sold one, and neither has anyone on my behalf.

"Now I know that standards have slipped in the last few years in Washington, but for a lawyer you are remarkably cavalier with any idea of justice. I am here today but last week you already found me guilty. You traduced my name around the world without ever having asked me a single question, without ever having contacted me, without ever written to me or telephoned me, without any attempt to contact me whatsoever. And you call that justice.

"Now I want to deal with the pages that relate to me in this dossier and I want to point out areas where there are, let's be charitable and say 'errors.' Then I want to put this in the context where I believe it ought to be. On the very first page of your document about me you assert that I have had 'many meetings' with Saddam Hussein. This is false.

"I have had two meetings with Saddam Hussein, once in 1994 and once in August of 2002. By no stretch of the English language can that be described as 'many meetings' with Saddam Hussein.

"As a matter of fact, I have met Saddam Hussein exactly the same number of times as Donald Rumsfeld met him. The difference is Donald Rumsfeld met him to sell him guns and to give him maps the better to target those guns. I met him to try

and bring about an end to sanctions, suffering and war, and on the second of the two occasions, I met him to try and persuade him to let Hans Blix and the United Nations weapons inspectors back into the country. A rather better use of two meetings with Saddam Hussein than your own secretary of state for defence made of his.

opposition to Saddam Hussein than you do and than any other member of the British or American governments do.

"Now you say in this document, you quote a source, you have the gall to quote a source, without ever having asked me whether the allegation from the source is true, that I am 'the owner of a company

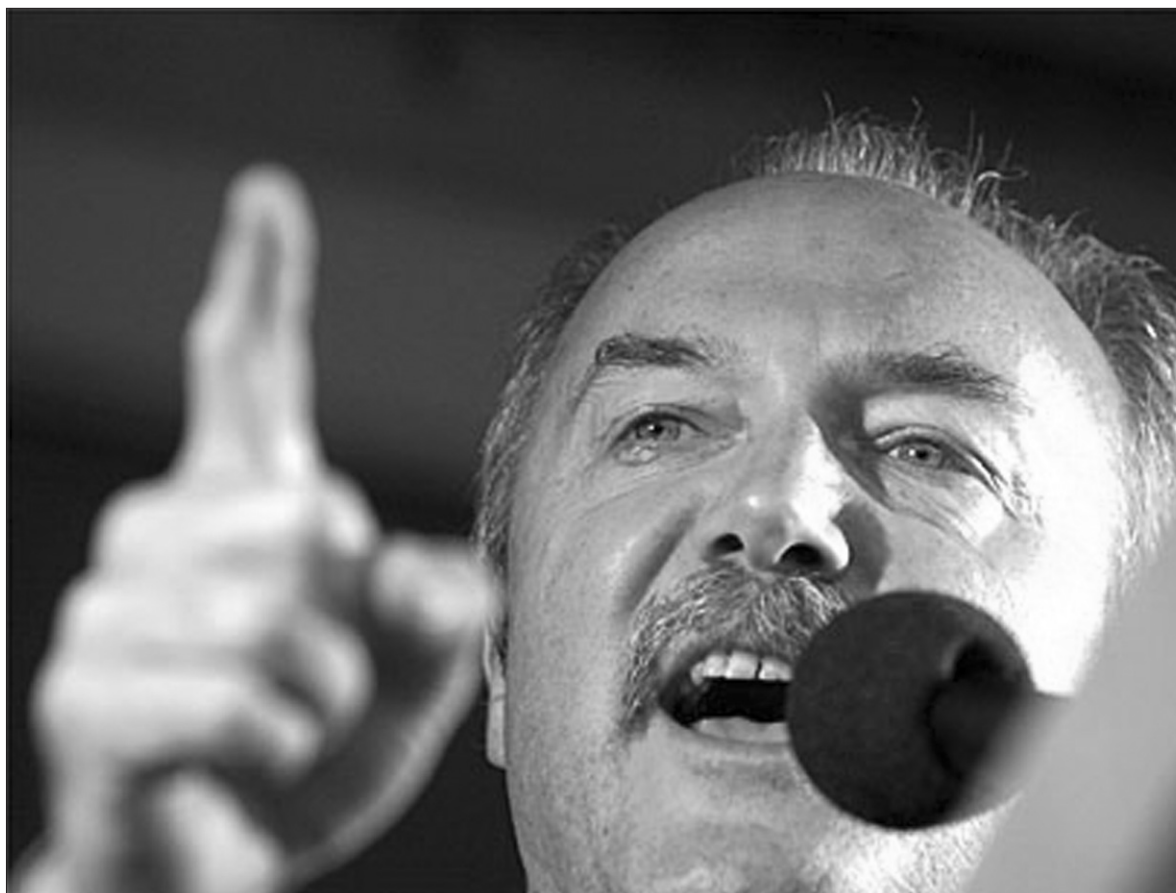
implying otherwise.

"Now you have nothing on me, senator, except my name on lists of names from Iraq, many of which have been drawn up after the installation of your puppet government in Baghdad. If you had any of the letters against me that you had against Zhirinovsky, and even Pasqua, they would have been up there in your slideshow for the members of your committee today.

"You have my name on lists provided to you by the Duelfer inquiry, provided to him by the convicted bank robber, and fraudster and con man Ahmed Chalabi who many people to their credit in your country now realize played a decisive role in leading your country into the disaster in Iraq.

"There were 270 names on that list originally. That's somehow been filleted down to the names you chose to deal with in this committee. Some of the names on that committee included the former secretary to his Holiness Pope John Paul II, the former head of the African National Congress presidential office and many others who had one defining characteristic in common: they all stood against the policy of sanctions and war which you vociferously prosecuted and which has led us to this disaster.

"You quote Dahar Yassein Ramadan. Well, you have something on me, I've never met Dahar Yassein Ramadan. Your sub-committee apparently has. But I do know that he's your prisoner, I believe he's in Abu Ghraib prison. I believe he is facing war crimes charges, punishable by death. In these circumstances, knowing what the world knows about how you treat prisoners in Abu Ghraib prison, in Bagram Airbase, in Guantanamo Bay, including



"I was an opponent of Saddam Hussein when British and American governments and businessmen were selling him guns and [poison] gas. I used to demonstrate outside the Iraqi embassy when British and American officials were going in and doing commerce.

"You will see from the official parliamentary record, Hansard, from 15th March 1990 onwards, voluminous evidence that I have a rather better record of

which has made substantial profits from trading in Iraqi oil.'

"Senator, I do not own any companies, beyond a small company whose entire purpose, whose sole purpose, is to receive the income from my journalistic earnings from my employer, Associated Newspapers, in London. I do not own a company that's been trading in Iraqi oil. And you have no business to carry a quotation, utterly unsubstantiated and false,



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I may say, British citizens being held in those places.

"I'm not sure how much credibility anyone would put on anything you manage to get from a prisoner in those circumstances. But you quote 13 words from Dahar Yassein Ramadan whom I have never met. If he said what he said, then he is wrong.

"And if you had any evidence that I had ever engaged in any actual oil transaction, if you had any evidence that anybody ever gave me any money, it would be before the public and before this committee today because I agreed with your Mr Greenblatt [Mark Greenblatt, legal counsel on the committee].

"Your Mr Greenblatt was absolutely correct. What counts is not the names on the paper, what counts is where's the money, senator? Who paid me hundreds of thousands of dollars of money? The answer to that is nobody. And if you had anybody who ever paid me a penny, you would have produced them today.

"Now you refer at length to a company named in these documents as Aredio Petroleum. I say to you under oath here today: I have never heard of this company, I have never met anyone from this company. This company has never paid a penny to me and I'll tell you something else: I can assure you that Aredio Petroleum has never paid a single penny to the Mariam Appeal Campaign. Not a thin dime. I don't know who Aredio Petroleum are, but I daresay if you were to ask them they would confirm that they have never met me or ever paid me a penny.

"Whilst I'm on that subject, who is this senior former regime official that you spoke to yesterday? Don't you think I have a right to know? Don't you think the committee and the public have a right to know who this senior former regime official you were quoting against me interviewed yesterday actually is?

"Now, one of the most serious of the mistakes you have made in this set of

documents is, to be frank, such a school-boy howler as to make a fool of the efforts that you have made. You assert on page 19, not once but twice, that the documents that you are referring to cover a different period in time from the documents covered by *The Daily Telegraph* which were a subject of a libel action won by me in the High Court in England late last year.

"You state that *The Daily Telegraph* article cited documents from 1992 and 1993 whilst you are dealing with documents dating from 2001. Senator, *The Daily Telegraph's* documents date identically to the documents that you were dealing with in your report here.

None of *The Daily Telegraph's* documents dealt with a period of 1992, 1993. I had never set foot in Iraq until late in 1993. Never in my life. There could possibly be no documents relating to Oil-for-Food matters in 1992, 1993, for the Oil-for-Food scheme did not exist at that time.

"And yet you've allocated a full section of this document to claiming that your documents are from a different era to *The Daily Telegraph* documents when the opposite is true. Your documents and *The Daily Telegraph* documents deal with exactly the same period.

"But perhaps you were confusing *The Daily Telegraph* action with the *Christian Science Monitor*. The *Christian Science Monitor* did indeed publish on its front pages a set of allegations against me very similar to the ones that your committee has made. They did indeed rely on documents which started in 1992, 1993. These documents were unmasked by the *Christian Science Monitor* as forgeries.

"Now, the neo-con websites and newspapers in which you're such a hero, senator, were all absolutely cock-a-hoop at the publication of the *Christian Science Monitor* documents, they were all abso-

lutely convinced of their authenticity. They were all absolutely convinced that these documents showed me receiving \$10 million from the Saddam regime. And they were all lies.

"In the same week as *The Daily Telegraph* published documents against me, the *Christian Science Monitor* published what turned out to be forgeries and the British newspaper, *Mail on Sunday*, purchased a third set of documents which also upon forensic examination turned out to be forgeries. So there's nothing fanciful about this. Nothing at all fanciful about it.

"The existence of forged documents implicating me in commercial activities with the Iraqi regime is a proven fact. It's a proven fact that these forged documents existed and were being circulated amongst right-wing newspapers in Baghdad and around the world in the immediate aftermath of the fall of the Iraqi regime.

"Now, senator, I gave my heart and soul to oppose the policy that you promoted. I gave my political life's blood to try to stop the mass killing of Iraqis by the sanctions on Iraq which killed one million Iraqis, most of them children, most of them died before they even knew that they were Iraqis, but they died for no other reason other than that they were Iraqis with the misfortune to be born at that time. I gave my heart and soul to stop you committing the disaster that you did commit in invading Iraq. And I told the world that your case for the war was a pack of lies.

"I told the world that Iraq, contrary to your claims, did not have weapons of mass destruction. I told the world, contrary to your claims, that Iraq had no connection to al-Qaeda. I told the world, contrary to your claims, that Iraq had no connection to the atrocity on 9/11, 2001. I told the world, contrary to your claims,

that the Iraqi people would resist a British and American invasion of their country and that the fall of Baghdad would not be the beginning of the end, but merely the end of the beginning.

"Senator, in everything I said about Iraq, I turned out to be right and you turned out to be wrong and 100,000 people paid with their lives; 1,600 of them American soldiers sent to their deaths on a pack of lies; 15,000 of them wounded, many of them disabled forever on a pack of lies.

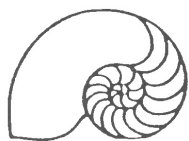
"If the world had listened to Kofi Annan, whose dismissal you demanded, if the world had listened to President Chirac who you want to paint as some kind of corrupt traitor, if the world had listened to me and the anti-war movement in Britain, we would not be in the disaster that we are in today. Senator, this is the mother of all smokescreens. You are trying to divert attention from the crimes that you supported, from the theft of billions of dollars of Iraq's wealth.

"Have a look at the real Oil-for-Food scandal. Have a look at the 14 months you were in charge of Baghdad, the first 14 months when \$8.8 billion of Iraq's wealth went missing on your watch. Have a look at Halliburton and other American corporations that stole not only Iraq's money, but the money of the American taxpayer.

"Have a look at the oil that you didn't even meter, that you were shipping out of the country and selling, the proceeds of which went who knows where? Have a look at the \$800 million you gave to American military commanders to hand out around the country without even counting it or weighing it.

"Have a look at the real scandal breaking in the newspapers today, revealed in the earlier testimony in this committee, that the biggest sanctions busters were not me or Russian politicians or French politicians. The real sanctions busters were your own companies with the connivance of your own government."

I told the world that your case for the war was a pack of lies.



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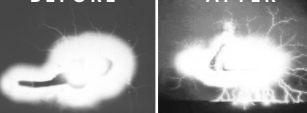
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Chai Tea House

by Joseph Roberts

RESTAURANTS

Chai Tea House
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I have been a huge fan of the unique East Is East restaurant since discovering it on its opening day 8/11, 2001.

Now the same family recently opened Chai Tea House upstairs surpassing their first offering, making it beyond any doubt, one of my favourite haunts today.

Much creativity and great care went into detail. From the exquisite menu to the textures and rich colours of the décor, to the subtle smells of incense and spices, from the sitar fusion-style music to the accommodating and gracious staff, your five senses will awaken at the Chai Tea House. Seating is Afghan style on lavish carpets and cushions. The ambiance is dark and mysterious, candle lit and warm. The dining experience is as if you have been transported into a different world.

Chai opened after nine months of carving, painting, and designing by local artisans to create this never before seen in Vancouver, hand-crafted environment. The cuisine is organic Ayurvedic and Afghani. Factors such as Afghanistan being geographically at the crossroads of Central, West and South Asia, and a staging post for the Silk Road have influenced its cooking. One wonders if the menu at Chai was created with this repertoire in mind. What is most striking are the variety of textures and tastes available.

They too have a covered patio out back, lit by handcrafted lanterns and decorated with the same attention to detail, as an

alternate area to lounge and dine in.

I happen to also love the aquarium in the washroom. It has the most telepathic discus fish I have ever encountered. They seem to float in the same Barakas or grace as the mystical vibe of Chai.

Speaking of mystical, I began my dinner there with their Mystic Soup comprised of tofu, mushrooms, lemongrass and coconut touched with subtle spices

turmeric and black currants. I selected Silk and Spice: cauliflower and jackfruit cooked with onion, tomato and coconut; Indus Harvest: baby okra with onions and sun-dried tomatoes; and Shalin's Secret: crispy tofu with lentils, sun-dried plums and eggplant.

I finished my meal with what could well be the best chai anywhere. Chai comes in either green or black tea with a choice of



in suave, creamy smoothness. Next was an Ayurvedic thali contained in seven silver bowls. Each of the many delicious and unique thalis are served sublimely with spiced lentil, butternut squash, tamarind, soup, green salad, chickpeas, naan, yogurt, pickles, and basmati rice flavoured with

milk or soy. They chose well to name their restaurant after it.

My table was a huge single crosscut slab of wood with its annual rings radiating out from the centre, supported by bark covered natural tree branch legs. I sat on a comfortable dais covered decadently in

Persian rugs and pillows.

Besides the many wonderful vegetarian choices on Chai's menu, they also have a mouth-watering variety of non-vegetarian creations. For example they have Goan Catch: tiger prawns in a spicy sweet and sour sauce served with coconut rice, naan and sesame salad; or, Bengali Magic: grilled red snapper cooked in yogurt with Bengali spices served on basmati rice with salad and naan. All wines at Chai are organic.

Whatever your preference, you will find the dishes more than satisfying at Chai, and the cooks are willing to adapt for special diets. The menu changes to match the Ayurvedic principles of eating with the seasons. Ayurveda is thousands of years old and based on the Vedas which reflects the three doshas, or constitutions. Ayurvedic cooking integrates the five elements of ether, air, fire, water and earth to balance your body and your soul.

Exquisite Sufi, ghazal, classical Indian, Arabian and world music kept me soothed as I melted into this Arabian fusion fantasy. The selections played are from Mustafa, one of the owners' private collection. I kick back, unwind and relax with the music of Ravi Shankar and Ustad Fateh Ali Khan, the great mystic Sufi singer.

The Chai Tea House is managed by Razavia Nahib with the help of her sister, Sarah and brother, Mustafa, all originally from Afghanistan. Nothing is what you expect as you walk in, so welcome to a new world where you can have the dining experience of your dreams. Chai is definitely a place worth going back to again and again. Prepare to be pleasantly surprised.

continued from page 11

Could it be that Greenpeace simply needs to stage an event in Korea as a prelude to the summer meeting of the International Whaling Commission in Korea. It's a good media ploy to capture the local angle of the event. It guarantees good local coverage and this will translate into international coverage because of the international media that will be attending the IWC conference.

Right now whales are being killed in northern Norway while the Greenpeace ship *Esperanza* is collecting water samples. Right now, no whales are being killed in Korea yet Greenpeace is in a confrontation with Koreans to oppose plans to kill them in the future. In Norway whaling is a distraction for Greenpeace. In Korea it is a priority.

Just who is it at Greenpeace International that decides these priorities?

One thing for sure is that when it comes to whaling, some nations are more tolerated than others by Greenpeace.

Paul Watson is founder and president of the Sea Shepherd Conservation Society. www.seashepherd.org

Earth Charter award

Earth Charter Initiative 2005 The UN Decade of Education for Sustainable Development has just begun. The Earth Charter has been recognized as an important ethical framework and valuable teaching tool for the decade.

An Earth Charter award will be presented for the first time in November 2005. This award has been created to recognize outstanding Earth Charter projects organized and led by individuals or organizations. Applications are being requested by June 15, 2005. Information on eligibility, selection criteria, and the selection process are available on the homepage of the Earth Charter website www.earthcharter.org. This award has been named to honour the memory of Maximo T. Kalaw Jr., former executive director of the Earth Council, and to recognize his vision and legacy in motivating and mobilizing widespread participation by individuals and organizations in building a more just, peaceful and sustainable world.

An international Earth Charter gathering will take place at the Royal Tropical

Institute in Amsterdam, November 7-9, 2005, five years after the launch of the Earth Charter. This event is being made possible by the collaboration of the Earth Charter International Secretariat, the Netherlands National Committee for International Cooperation and Sustainable Development (NCDO), the Royal Tropical Institute (KIT), and Plan Netherlands.

Is radiation implicated

Guy Dauncey, thank you for your well thought out articles in *Common Ground*. I share your sentiments wholeheartedly. I have long thought that the cancer epidemic is largely a result of the contamination that resulted from nuclear testing around the world. I believe that the radiation from this testing would still be active. Yet, you did not mention this in your article – was that because there is not much that we can do about it? Or, do you not agree?

Chris Shirley

New book launched for birders

The Compact Guide to British Columbia

Birds is the latest addition to Lone Pine's acclaimed series of bird field guides.

The book profiles more than 80 species found in BC, complete with colour illustrations, photographs of the bird's egg, a range map and extensive natural history. With its straightforward approach, engaging design and format, this book will appeal to budding birders of all ages, and makes an ideal educational resource. www.lonepinepublishing.com

Shelley Braiden
Lone Pine Publishing

Credit union wins award

Vancity has been chosen by the BC Chapter of the American Marketing Association (BCAMA) as the recipient of its 2005 marketer of the year award, one of BC's most prestigious marketing awards and the BCAMA's highest honour.

Vancity's branding work kicked off in 2003 with a goal to attract new members and generate deeper loyalty among its current membership. The first step was to

continued on page 34



Sweet strawberries and ladybugs

LAUNCH OF: ON THE GARDEN PATH

by Carolyn Herriot

On the Garden Path began a year ago with Greetings From the Garden Path, a weekly email newsletter sent to customers of The Garden Path Organic Plant Nursery in Victoria. Each week Carolyn wrote about what she was doing in the garden, the orchard, the greenhouse, with seed saving and soil building, with the intention of helping gardeners of all levels realize they can have the most healthy, productive and beautiful garden without resorting to substances harmful to humans, animals, wildlife, plants, worms or the myriad of soil-dwelling organisms. This is a new column full of seasonally-relevant, practical information, which can be picked up on any day of the year to help you in your garden – organically.

Sweet strawberries

Nothing invokes the pleasure of summer more than a bowl of sweet, sun-ripened strawberries. If you are growing June-bearing varieties, such as Royal Sovereign or Totem, then bountiful harvests of juicy berries will be yours. If you're growing day neutral, everbearing varieties, such as Tristar, you'll be picking luscious, ripe-red berries until the end of August.

If it's jam you're after, choose June-bearing varieties for larger yields at the same time. If you want to enjoy occasional berries throughout the summer, plant ever-bearing varieties. Better yet, grow both.

The only downside to growing strawberries is that they only bear well for two to three years, so you need to plan for three or four years ahead. Here's how:

Renew your strawberry patch every year by replanting strawberry runners called offsets. Leave runners attached to the parent plant, as long as it is disease-free, and pegged down in the garden or into pots sunk into the soil. Once rooted, offsets can be cut off and replanted elsewhere. Do this no later than the end of August, or they may not produce a good crop next season.

Replant rooted offsets in well-drained, slightly acidic soil in full sun, spaced 12 inches (30 cm) apart in rows 30 inches (75 cm) apart. Cover the roots but not the crowns when transplanting. Water well to help new plants establish.

Once fruit production has stopped, cut the foliage down to the ground to keep your strawberry patch disease-free. Hedge trimmers work fine for this. The first time I did this my heart was in my mouth, but when I saw the vigorous regrowth of

healthy new leaves, I felt reassured that this was a good idea.

After fruiting, clear straw and other debris from around the plants to get rid of any diseased and pest-damaged material. If there's any sign of disease in your strawberry patch, start a new one elsewhere, preferably not where potatoes, tomatoes, eggplant or peppers (Solanaceae family)

of three to 20 on lower leaf surfaces. After two to five days the eggs hatch into larvae. It's important to recognize the larval stage of the ladybug so it is not mistaken for a pest. Larvae look like six-legged crocodiles, dark brown in colour with bright-orange spots on the back of their lumpy bodies.

A mature larva can eat as many as 50 aphids a day, and between 200-500 aphids

total. After 21 days the larvae pupate, attaching themselves to the undersides of leaves by their tails. After two to five days the adults emerge and continue to feed. Ladybugs produce up to six generations a year, which accounts for a lot of aphid control.

As long as there is prey and a source of water there's no reason for a ladybug to "fly away home" and it will stick around in the garden. Broad-spectrum insecticides are usually fatal to these beneficial beetles, but encouraging

healthy populations of ladybugs and other beneficial insects in the garden should make it unnecessary to use such products. No wonder we consider the ladybug to be lucky.

From A Year on the Garden Path, A 52-Week Organic Gardening Guide by Carolyn Herriot. \$29.95. Earthfuture Publications, Victoria, BC. Available from Banyen Books and Duthie Books or www.earthfuture.com/gardenpath

Carolyn Herriot has been operating The Garden Path Organic Plant Nursery in Victoria since 1989, from which grew her organic seed business, Seeds of Victoria. Carolyn shares her passion for gardening by way of lectures and as a garden writer, and appears weekly on Get Up and Grow and the Go show on Global and CHTV.



Doubtless God could have made a better berry, but doubtless God never did.
– William Butler, 17th century writer

have been growing, which may encourage verticillium wilt.

The beneficial ladybug

One of the best natural predators for aphids are the little black-spotted red beetles in the garden, Hippodamia convergens, the native ladybug. Ladybugs in both their adult and larval stage eat aphids; adults consuming up to 5,000 aphids during their lifetime. As well as keeping a check on aphids, they also eat other wide-bodied, slow-moving plant pests. Adults depend on a diet of pollen and nectar for maturation, but a supply of aphids or other prey is needed for egg production.

In winter, ladybugs hibernate under loose bark, in rock crevices and in nooks and crannies. They wake up in March or April, mate and lay their eggs in clusters



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Subsidies needed

THE ORGANIC WAY

by Marya Skrypiczajko

Food and agriculture policy throughout most of the world ensures that food remains cheap. Little focus is put on food safety, human health, worker welfare, family farms, biodiversity or the environment. Agricultural subsidy programs generally benefit the largest conventional farms because financial support is distributed according to sales. With this sort of policy, distribution is not fair and organic farmers lose out.

Slowly, a few countries are starting to bring an environmental component into their programs and organic agriculture can enjoy some financial and promotional benefits.

Currently, organic farmers in Europe are more fortunate than their Canadian counterparts when it comes to help from the government. European organic farmers benefit from pro-organic national and European Union government programs and spending, while Canadian agricultural policy directs almost every cent of its funding to conventional farming.

Since the early 1990s, several European nations have earmarked a part of their agriculture budget for organic initiatives. For example, the Netherlands and Sweden have been funding certification programs and subsidizing the costs for conventional farmers to convert their land to organic production. Then in 2003, the EU's common agriculture policy increased the funding for agri-environmental subsidies which allows more European farmers to benefit from organic conversion subsidies, as well as receive payments for meeting strict environmental standards on their land.

In June 2004, the EU announced its action plan for organic farming which promotes organic agriculture by encouraging the purchase of organic food by large scale kitchens like hospitals and schools; by publicizing the positive benefits of organic food and agriculture; and by applying more widely the EU logo for organic foods. As well, it allocates Cdn. \$130 million annually to research funding for organic agriculture and publicizes the results that prove organic farming and livestock raising is healthier for humans and better for the environment. That is four times the amount the rest of the world puts into organic agriculture.

In addition, organic farmers in individual European nations benefit from government subsidy programs that promote environmentally sensitive agriculture. Some countries such as England are implementing these programs after having seen the devastation of decades of chemical farming and other nations new to the EU see promoting organic agriculture as a way to develop a niche market within the European farming industry. With their

lack of resources, they feel they would be at a disadvantage trying to compete with the conventional farming of other European nations, and at the same time, they see the boom in organic food sales in Western Europe as an opportunity.

Britain recently introduced an environmental stewardship scheme in which farmers are given up to 30 euros per hectare for protecting their land for the benefit of wildlife and to cut pollution. Money is given to farmers for looking after their hedgerows which are home to birds and small mammals, for creating wildflower plots to nourish bees and other insects, and for protecting ponds from pesticides and fertilizers. Many organic farmers already care for their land in this way so they will be immediately eligible for the funding.

Slovenia is one example of a new EU member which would like to take advantage of the organic sales boom in Western Europe by promoting organic agricultural development at home. As a part of its agri-enviro program, it is providing subsidies to farmers to prevent soil erosion, to preserve habitats of birds and animals, and to preserve traditional approaches to farming, as well as giving livestock breeders financial support to reduce flock density and to raise indigenous breeds.

Here in Canada, there is little financial support from the government for organic research projects, organic farmers do not receive any subsidies, and they must pay for their own organic certification. Traditional subsidy programs, which are rampant in the EU as well, help only some farmers, and often lead to over-production of certain crops and huge amounts of food waste.

If the health of our human population and that of the environment is a concern for the Canadian government, it should include more funding for organic agriculture. To help organic farmers, it could cover the cost of certification and fund the creation of an identifiable national organic label, which would make it easier for Canadians nationwide to know what products are organic and for farmers to sell their produce abroad.

To encourage the growth of the organic industry, the government could finance studies to understand the benefits of organic agriculture and educate the public on the results. As well, it could fund research to diversify organic production, educate conventional farmers on the merits of organic production and subsidize their conversion costs.

Marya Skrypiczajko is the author of *BC the Organic Way* – Where to Find Organic Food in British Columbia. www.bctheorganicway.com



Protein power summer BBQs

NUTRISPEAK

by Vesanto Melina MS, RD

The Atkins and low carb crazes have peaked and are now fading away; in the process we learned a thing or two. First, that refined white flour and refined white sugar are bad, bad, bad for you. Second that when you cut calories, it's important to make sure that your menu includes plenty of protein-packed foods.

What were the disadvantages of the Atkins and low carb diets?

1)An acidic state of ketosis, with accompanying nausea and bad breath.

2)A fibre shortage that ups the risk of constipation, diverticulosis and cancers of the colon, breast and prostate. (Fibre is only found in plant foods.)

3)High total fat and saturated fat, linked conclusively to heart disease.

4)Insufficient fruits and vegetables, causing a lack of phytochemicals, vitamins and minerals, our protectors against chronic disease such as cancers and cardiovascular disease.

Yet if we don't clog up our system with burgers and cheese, how do we get the necessary protein? In beef, about 33 percent of the calories are from protein; (the rest is from fat, 40 percent of it saturated). In cheese, 25 percent of the calories come from protein; (the remainder is fat, mostly saturated, plus a little lactose sugar). Which other foods provide such high proportions of protein? Check below.

Percentage calories from protein

Broccoli	34%
Kale	22%
Mushrooms	32-50%
Salad greens	31%
Spinach	40%
Beans*	23-27%
Lentils	30%
Kidney beans	28%
Soybeans	33%
Tofu, firm	40%
Veggie "meats" (low fat)	69-85%
Veggie "meats" (higher-fat)	56-75%

* Such as anasazi, black, lima, mung, pinto, red, or white beans; or split or black-eyed peas.

Of course, one has to eat plenty of broccoli (4 cups cooked or 7 cups raw) to get the same amount of protein as a 3-ounce burger provides. Yet vegetarians and raw fooders are happy to pile their plates with an assortment of veggies, and they tend to stay slim but well nourished in the process. Alternatively, one can select from a wide assortment of veggie burgers at local supermarkets and come up with a delicious and protein-packed choice for summer barbecues. In addition, veggie burgers typically add iron, zinc, and vitamin B12 to the diet (check the label).

When I work with clients who are shifting in the direction of plant foods, a typical challenge is finding practical ways to get protein-rich meals in the regular course of one's life. Yet this is easily accom-

plished in a variety of settings and with numerous lifestyle preferences. Shopping malls provide falafels, oriental tofu dishes, Mexican bean burritos, and veggie hot dogs. Bean, pea, or lentil soups are excellent slimming choices, anywhere. Beyond peanut butter, bag lunches can provide a veggie "meat" sandwich, or hummus and pita bread. The summer picnics of many companies and families include vegetarian burgers and dogs as an alternative to the meat versions. Raw fooders discover that an immense assortment of whole plant foods, along with the typical large servings at meals, can provide sufficient protein very simply.

The ultimate burger

From *Raising Vegetarian Children* (Stepaniak and Melina, McGraw-Hill), if you're introducing others to veggie burgers, have fun by laying out a spread of "fixin's," so everyone can create their favourite taste combination.

Fixin's

A variety of mustards, from simple yellow mustard to gourmet Dijon blends

Soy or other eggless mayo

Ketchup

Barbecue sauce

Pickle relish

Chili sauce

Tomato slices

Sliced dill pickles

Sliced red or white onion

Avocado slices

Lettuce

Sprouts

Soy cheese slices

Veggie bacon, cooked in a little oil, for one minute on each side.

Buns

Get fresh whole wheat bakery rolls or kaiser buns, in place of regular hamburger buns.

Burger

Veggie burgers require a different approach to preparation from meat burgers. They don't require the long cooking time that meat requires, in fact if you cook these low-fat burgers for the same length of time, you will dry them out, and soy protein becomes a little tough if overcooked. Whether you are pan-frying your burgers in a little oil to give a browned flavour, placing them on the barbecue, or heating them in a microwave, use a minimum of time.

Vesanto Melina is a registered dietitian and author based near Fort Langley. She is co-author of *Becoming Vegetarian*, *Becoming Vegan*, *Raising Vegetarian Children* and of *Dietitians of Canada's position paper on vegetarian diets*. Consultations 604-888-8325 (clinic) or 604-882-6782 (home office). www.nutrispeak.com

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BP's quarterly quandary: go green or go greedy

EARTHFUTURE.COM

It's noon on a Tuesday morning in late April 2005, and you are in your office at BP's London HQ. As chair of the company, you've just received the happy news that your quarterly profits have come in at a record \$5.49 billion, thanks to the rising price of oil.

"Gosh, Billy-boy, what shall we do with all this loot?" you ask Bill Bonkins, your PA. "It's rolling in at \$1.9 million an hour!"

"Give some to our shareholders, and stash the rest in an offshore bank account, telling them it's being invested in exploration and research?"

"Good try Billy. But where's your imagination?"

"Use it to buy 5,000 more lobbyists for the oil industry, at a million dollars a pop?"

"I was thinking something more, er, sustainable. Very fashionable word, 'sustainable.' What if we invested it in solar energy? Where would that take us?"

Billy rifles through a file, and pulls out a document called *Beyond Petroleum: Building a Sustainable Energy Future*.

"Well sir, it says here that the current

price for solar photovoltaics is \$4 a watt. Our information tells us that when it falls to \$2, it'll make good financial sense for people to install solar PV systems on their roofs. If we used the \$5.49 billion to create a \$2 solar subsidy on the sale of BP's solar systems, that would trigger the installation of 3,000 MW around the world; that's three times the entire world's annual production. This would allow our solar division to move to mass production, and bring the price down permanently. We'd probably recover our investment in two years, and leave the other solar companies in the dust."

"Hmm. Good thinking. What if we were to concentrate all our solar support in one area, to create a global showcase?"

"Three thousand MW would install 2kW solar systems on 1.5 million homes, providing power to 5 million people. If we combined it with our next quarter's profits, we could see a system installed on every house in London. We have big markets here and even bigger markets in Asia."

"Now China, there's a huge population. What would happen if we invested a

whole year's profits in China? After all, the gravy train's only going to improve as the price of oil goes up. Just think what we'll earn when our oil sells for \$100 a barrel!"

"It says here that China is using about 450,000 MW of power, sir. If our full 2005 profits are \$22 billion and we used our third quarter profits to subsidize 6 million 500 watt solar systems, cutting the price to \$2 a watt, that would reduce the price permanently, and make it possible for every household in China to install a solar system, making most communities relatively self-sufficient in electricity. We could invest the fourth quarter profits in wind turbines. The current price for wind is \$1 million per MW, but with local production and assembly, I'm sure we could cut that by half. One quarter's profits would allow us to install 11,000 MW of wind energy, which would kick start the Chinese wind economy."

"Interesting. What about transport? Do you think we could buy ourselves into a sustainable car industry in China?"

"Well sir, there's a lot of interest in electric vehicles in China. You can run a smart urban electric vehicle off a 200 watt solar

system, and I'm sure we could manufacture them for under \$5,000. On that basis, we could produce a million cars with our first quarter's profits, which would be enough to kick-start the electric vehicle revolution. We could probably also make a smart sports bicycle for \$250. If we produced 20 million with our second quarter profits, that might help restore China's cycling tradition."

"Hmm. This is getting interesting, Billyboy. I get the feeling that we could make a lot of money in a world without oil. It's a good thing we changed our name to Beyond Petroleum."

"So what's it to be, sir? The solar strategy or the off-shore tax-haven?"

"Oh, I don't know. If it wasn't for those darned shareholders, I'd probably go for the solar. But they're bound to want their pound of flesh. Better do the tax-shelter thing. And Billy? Can you make sure whatever island you choose is well above sea-level?"

Guy Dauncey is president of the BC Sustainable Energy Association, www.bcsea.org. BP's website and contact details are at www.bp.com

ANNOUNCEMENT



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The company will now be known as Genuine Health. Their new name reflects the fundamental philosophy and vision of the company's originators. It better represents the results the products bring.

The logo is a stylized lower case 'g' with a leaf incorporated into the letter shape to give it a very distinct, fresh look. It will appear on all packaging and other communication for the company.

"Consumers will not only be able to find our products more easily, but we expect that the information on our labels will help them make quicker and more informed purchase decisions," comments Lisa Chisholm, Director of Marketing, Genuine Health.

Genuine Health, based in Toronto, has over 35 award-winning products in various categories, from green foods, diet/weight management, and essential fatty acids to multi-vitamins and antioxidants. Each ingredient is sourced worldwide and put through extensive testing. All products are manufactured with the strictest quality control procedures and have Good Manufacturing Practices Licenses. 5% of the company's net profits go to support charitable activities such as the Change Canada Foundation.

For more information visit www.genuinehealth.com.

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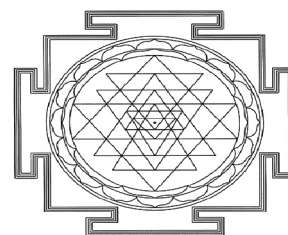
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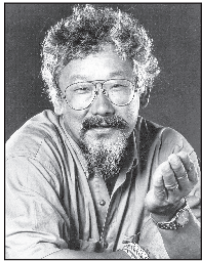
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Sharing gas tax will help cities

SCIENCE MATTERS

by David Suzuki

Official or not, it seems that our federal politicians are in full-on electioneering mode. Right now, whatever they say and do is being watched very carefully by their opponents and members of the media. Everything is put through an election filter designed to win more votes.

Unfortunately, that also means that even announcements or decisions long in the making are being treated as election fodder. So when Prime Minister Martin was in Vancouver recently to announce a joint triple-government agreement on the transfer of a percentage of gasoline taxes back to cities, it was reported as simply a case of the federal government shoveling money off the back of a truck to distract voters from the Gomery inquiry.

And that's neither accurate, nor fair.

Agreements between levels of government in this country are not exactly easy to come by. Federal, provincial and municipal governments often jealously guard their jurisdictions from any perceived encroachment on their territories. Each treats the others with a certain level of disdain and mistrust. And since jurisdictions often overlap, it can create real problems when priorities differ.

That's why the announcement in Vancouver was such good news. Here we had the Union of BC Municipalities (UBCM), which represents cities and towns, the province of British Columbia and the federal government all agreeing, on a budget item no less. The item was the promised return of a portion of the federal gasoline tax back to cities. According to the agreement in principle, the UBCM will receive five cents of the 10-cent-per-litre tax. Last week, the deal got even better when the prime minister and NDP leader Jack Layton agreed to add an extra cent to that agreement.

What does this mean for BC municipalities? It means they will now receive more than \$700 million over the next five

years from the federal government. After five years, the agreement is available to be renewed for another five years, if all parties find it successful.

So far, so good. But here's where it gets really interesting. The money can't be spent on just anything. Instead, it's earmarked to achieve three goals: cleaner air, cleaner water, and reduced climate-disrupting emissions. To continue receiving funding, these goals have to be measurable and reported in a transparent fashion.

That's extraordinary. Municipalities generally do not like to be told how to spend their money. And since cities are the creation of the province and funded by the province, provinces don't generally like restrictions imposed either.

But in this case, all three levels of government were able to see the clear advantages of putting the money towards sustainability objectives. Achieving these objectives will have many benefits including reduced smog and associated health care costs, and reduced infrastructure costs. As a result, the money will now be spent on initiatives like improving public transit, building bike paths, developing renewable energy projects, retrofitting buildings to be more energy efficient, improving drinking water and sewage systems, and more. These kinds of projects make for a healthier and more livable city.

It's easy to become cynical about politics and political announcements around election time. But this agreement has set a new precedent in Canada that helps put us on the path towards sustainability. Hopefully, other provinces and municipal organizations will follow suit with their own agreements. By putting aside jurisdictional squabbles and focusing on the common objectives of a sustainable future, all levels of government can help make Canada a better place to live.

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continued from page 10

structure will carry an immense environmental cost if its occupants have to regularly drive their cars and commute long distance to their place of work. If possible, locate buildings close to transportation to minimize automobile dependence and thus reduce the environmental impact. Protect trees and topsoil during construction to restore local ecosystems. Avoid use of pesticides and other chemicals that leach into the groundwater. Minimize construction waste and sort leftover for recycling. Sell or donate reusable materials.

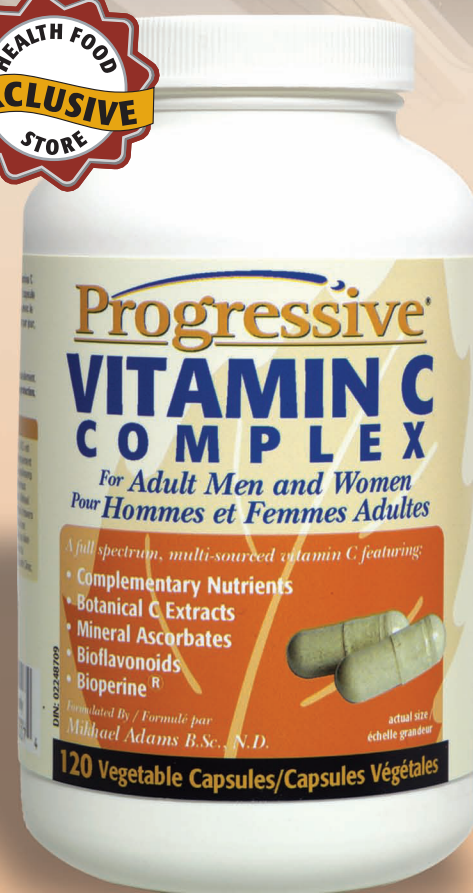
The spread of sustainable structures is a value-added dream that will enhance all

aspects of our lives. A major part of the success of implementing sustainability principles lies in the hands of consumers. To ensure and to keep the sustainability momentum green innovation should be encouraged and additional awareness campaigns are needed.

Salah Eldeib is a consulting engineer. He invented a new type of wooden dome for which he has received several awards. He has given numerous talks on green buildings and sustainability. Salah aspires to be a leader in protecting the environment and in enhancing the quality of life for communities around the globe. salah@canadianwoodendomes.ca



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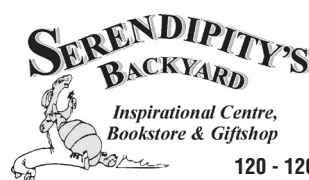


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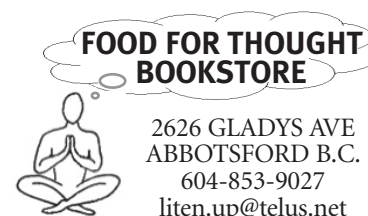


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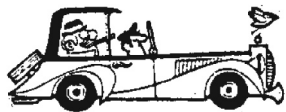
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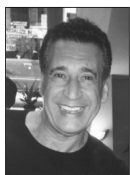
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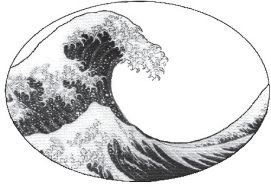


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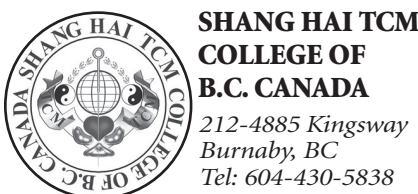
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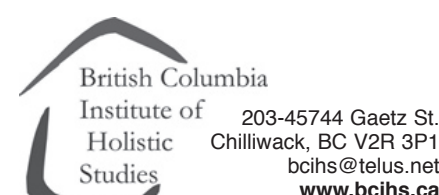
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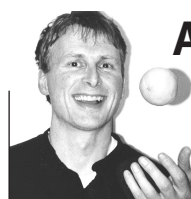
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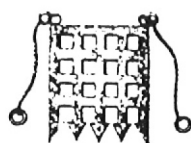
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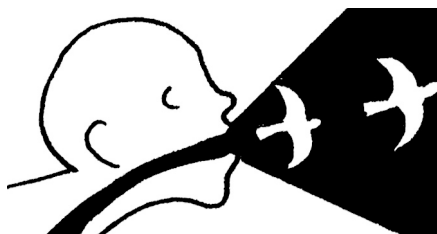
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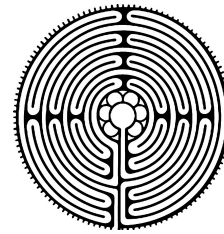
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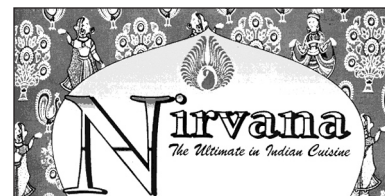
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Discovery consists of seeing what everybody has seen and thinking what nobody has thought.

- Albert Szent-Györgyi



Fearlessness

SIMPLY WOMAN!

by Crystal Andrus

We can only live with true authenticity by living fearlessly, yet fear holds many of us back. We're afraid that we can't make positive changes, or the opposite, that we might actually do it and then fear the changes success might bring.

We fear that we might lose those we care about if our dreams don't mesh with theirs, or that dreaming too big might make us look foolish. Most often our fear comes from one place, a fear of inadequacy. Many of us carry around a belief that we are not good enough, and we will do anything to hide that fear from the world.

Fear has many expressions. For some women it's often a need to be perfect. They want to have the perfect home, perfect children, perfect marriage and perfect body. Often, too, they want to always appear happy and optimistic.

On the other end of the spectrum, there are women who fear that are never good enough, so they self-sabotage in extremely negative ways. They become sexually pro-

miscuous, delinquent, addicted, irresponsible, or neglectful. These are the women who society ostracizes. We look down on the woman who is in the bar every weekend, or who is the opposite of Suzie-homemaker, such as the exotic dancer or prostitute.

Somewhere in the middle lie many of the rest, women who are simply indifferent. They self-sabotage by doing nothing at all. Yet, the behaviours of the perfectionist, the promiscuous, and the indifferent come from the same source – feeling inadequate.

As Eleanor Roosevelt so eloquently stated, "No one can make you feel inferior without your consent." Realize and claim your own worth, and you will see your true beauty. Authenticity can only come from you.

Nutrition

As you know, one pound of fat is equal to 3,500 calories. This means to lose one pound of fat we have to burn off 3,500 calories. To lose fat, we need to burn those calories by exercising and by reducing the

amount of food we eat. Regardless of how healthy, low-glycemic, high-protein, or low-fat your food is, if you are eating too much, you won't lose weight.

The problem with calorie cutting is that although it can help us lose the weight, we can actually create more problems for ourselves down the road. If you stop eating or cut too many calories, eventually your metabolism will slow down so that when you do start to eat, and you will, you will gain weight very easily.

This is why you should never let your daily calorie intake drop below 1,100. Our body learns to adapt and survive under the most horrendous circumstances and eventually we will learn to function on small amounts of food. When we do start eating again, those extra calories will be stored as fat. Even worse, we have lowered our resting metabolic rate. This is why so many diets fail.

Live on the 80/20 plan

Watching your caloric intake, monitoring portions, and eating "green light" carbohydrates and protein six days a week works perfectly. Come Saturday eat, drink, and be merry. One day a week is your treat day.

Here's how it works. Whatever we do the majority of the time is going to prevail. If an obese person ate salad one day a week,

they would not lose weight. Conversely, if a healthy, lean person eats junk food on their treat day, they are not going to gain weight. The 80/20 plan effectively increases weight loss because our bodies are very adaptive and quickly learn how to balance out any changes we make. If we don't drink water, we hold it. If we stop eating, our metabolic rate slows. By us throwing in some fat and "red light" carbohydrates to our diet one day each week, our bodies get confused. "I thought she was depriving me but maybe I'm wrong." It's like throwing gasoline onto your campfire.

Exercise

Continue your three to five cardio and three strength-training workouts. You should already be feeling stronger and tighter. If you are having trouble staying motivated to keep on exercising: Remember that one pound of muscle can burn up to 50 calories per day. That works out to 18,200 calories per year.

Crystal Andrus's column is a condensed version of her new book on personal transformation. She is an authority on women's health, a sought after speaker and author of the best seller Simply Woman! The 12 Week Body/Mind/Soul Total Transformation Program. www.hayhouse.com/details.php?id=2247

Girls on film

FILMS WORTH WATCHING

Compiled by Robert Alstead

The territory is familiar, but there's always something new to be seen, even on an old path. *Sabah* (Arsinee Khanjian) is a 40-year-old Muslim spinster, who still lives at home in Toronto, looking after her mum since her father died and is the rock the rest of the family rely on in times of trouble.

Her brother Majid (Jeff Seymour) is from the old school. Despite being married to a non-Arab Canadian his views are conservative. He feels Sabah's place is in the home, his daughter Souhaire (Fadia Nadda) should have an arranged marriage and he should support them all.

This sounds downbeat, but it isn't. Despite Majid's controlling streak, this is a family dominated by women and they don't always play by the rules. Sabah plots with her niece Souhaire to try to help her find the right guy and at the same time begins to open up herself. She starts to swim at the local pool – despite this being contrary to her family's strict beliefs – using her trips to the pharmacy for mum as cover. A chance encounter with non-Arab, non-Muslim Stephen (Shawn Doyle) brings unexpected romance and sets her on a collision course with those at home.

Although Ruba Nadda is dealing with a serious subject, she has a lightness of

touch which stops this film from slumping into depression. Sabah, beautifully acted by Khanjian, discovers a forgotten joie de vivre and the audience is carried along with her. Stephen is so sweet that you want to take him home yourself and even Majid has secrets that may explain his manner. Even though similar ground may have been trodden in *East Is East* and *My Big Fat Greek Wedding*, it feels fresh here.

Sabah is gently comedic, full of warmth and, perhaps most importantly, believable. This film has such a big heart you'll probably want to give someone a hug while you watch it.

Join the sisterhood

The Sisterhood of the Travelling Pants might sound like a Monty Python sketch, but is a heart-warmer about four best girlfriends who strengthen their bond as they enter a new phase in their lives by sharing the same pair of jeans. One of them wears the pants and then mails them on to the next in line, thus maintaining their connectedness. Along the way, we follow each one's

unique trials and tribulations.

More challenging in tone is *Holy Girl* (*La Niña Santa*) from Argentinian director Lucrecia Martel. An understated, slow-burn drama, it offers memorable insights into the nature of intimacy, sexuality and morality. Amalia (Maria Alché) is a fervently religious and dreamy 16-year-old schoolgirl, who finds her calling when a middle-aged stranger rubs his crotch



Scene from *Holy Girl*

against her in a crowded street and then slips away.

For reasons that gradually emerge, Amalia follows him and spies on him. He becomes her project. It turns out he is one of the doctors staying at the old-world,

imperial hotel, where Amalia lives, for a medical conference. When her attractive, divorced mother begins taking an interest in the same man, the questions of boundaries are further called into question: the doctor is married with children.

Martel might be accused of trying too hard at times with some bizarre camera angles and a tease with the minimalist storyline, but the intimate depictions of

Amalia's relationships with her mother, uncle, the doctor and best friend from Catholic school, give this study of sexual awakening an honesty that rings true.

An update on the Vancouver International Film Centre: it was due to open this spring, but construction was delayed. VIFF says that the 183-seater theatre, with its state-of-the-art projection facilities should be ready top open for the festival this fall. If you want to find out how it's doing you can find weekly updated photographs at www.vifc.org

Finally, if you enjoyed spoof web animation *The Meatrix*, now's a good time to watch *Cuke Skywalker* and a gang of organic food, like Chewbroccoli, do battle with the dark forces of the food

industry in *Grocery Store Wars*, www.storewars.org. May the farm be with you.

Robert Alstead writes movie reviews for www.iofilm.com

Sabah review by Elf, also at iofilm.com.

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On Track Zodiac

June 2005 by Ilona Hedi Granik



ARIES (March 21 – April 19)

The two worlds you straddle might be slipping underneath your feet. Keeping your integrity instead of making choices with your ego will dissolve any illusions. Sometimes we go the wrong way to discover the right way. The secret is that it is all good.



TAURUS (April 20 – May 21)

You have socked away your monies and made bargains work to your advantage. Now is a good time to enjoy the dividends. Travel and leisure is on the menu. Any decision taken will be a most enjoyable one. Lay that blanket down in the meadow.



GEMINI (May 22 – June 20)

It appears that you may have a new calling card. What was just a hobby could become an additional vocation. You followed your bliss and yet there are more opportunities ahead. Be prepared to be all that you can be without limits.



CANCER (June 21 – July 22)

Feed your head as the song says. You can learn more and gather greater understanding now. Your mind crackles with revelations and inventive ideas. You seek diversity and are open to the power of the word. Take this opportunity to unleash the gifts within and tell your story.



LEO (July 23 – Aug. 22)

You have searched to develop new strategies to achieve your goals. The corner stone of your business will be built on fresh, innovative principles. Take the plunge in every way without fear of failure. You can have your cake and eat it too.



VIRGO (Aug. 23 – Sept. 22)

You have a sudden knack for getting things accomplished. You seem to revel in tasks that aren't as easy as they look. All the building blocks are there and you are creating masterpieces. Details won't slip by you and you feel rewarded. It's subtle and you like it that way.



LIBRA (Sept. 23 – Oct. 22)

Get thee to a bakery! Due to



SCORPIO

(Oct. 23 – Nov. 21)

If you enjoy the company of rebels you will certainly become one yourself. No longer willing to settle for less, you look for others to inspire the unusual in your life. There is something stirring deep within and it shall be unleashed.



SAGITTARIUS

(Nov. 22 – Dec. 21)

The influence of Pluto continues to dig up the past and assist you in testing your limits. When the dust settles, you may have an entirely new outlook. The hard knocks bring softer results if you are open to changing.



CAPRICORN

(Dec. 22 – Jan. 19)

You could do well to organize what needs sorting and put a plan together. Be prepared down the road. Things could get confusing if you suddenly find yourself without a plan or an intention. Make this a clearing time.



AQUARIUS

(Jan. 20 – Feb. 19)

Have you recently discovered that you sought what your heart did not? If you feel disillusioned, you may lash out at those close to you. If you believe others to be the culprits, you will not stand for it now. You're becoming clearer about your truth and convictions.



PISCES (Feb. 20 – March 20)

You could find that you are in need of a spiritual rebirth. It's been too long since you felt the gifts of compassion touch your life. Your decision has already signaled the universe to open up for you. Love turns your life around.

Ilona Hedi Granik is a clairvoyant consultant and author with 31 years of experience in astrology, multi-media art and healing.
Ilona23@shaw.ca

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MOMS/DADS
FROM THEIR
CHILDREN
WHO WERE
NOT THERE
WITH THEM
WHEN THEY
PASSED AWAY**

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June is Bike Month – see www.best.bc.ca for info

CALENDAR OF EVENTS

List at: www.commonground.ca > Advertising > Datebook

DATEBOOK

JUNE 1, 2005
Living With Bipolar - Beyond diagnosis to Empowerment. Speaker: Sonya Wachowski, 7:00 pm Free. Lonsdale Quay Hotel info : 604-987-6959

JUNE 2
Percy Schmeiser, Arran Stephens, Aimee Watson, Shiv Chopra and Colin Palmer will speak at The Council of Canadians launch of its GE-Free Canada campaign, Maritime Labor Centre, 1880 Triumph St., doors 6.30 pm, free, Awaxman@canadians.org or 604-688-8846.

JUNE 2-4
explorFILM: Korean Canadian Filmmakers. Helen Lee, Ann Shin, Min Sook Lee, Eunhee Cha, Sun-Kyung Yi www.explorasian.org

JUNE 3
Bolts of Fiction readings and armchair chats with Marilyn Bowering and Michael Mitchell at Our Town Cafe 8pm 245 E Broadway 604-254-0355

JUNE 4
Leora Cashe Quartet "My Heart Stood Still" CD Release Concert Vancouver East Cultural Centre 8:00pm Tix \$18/\$15 604-280-3311 www.leoracash.com

JUNE 5
Animal Voices, Free Film Festival on Humane animal farming Premiere showing of "Peaceable Kingdom" a documentary about "Farm Sanctuary" Animal Angels -a Canadian perspective about transportation of food animals. Caring Classrooms films from South Africa Vancouver East Cultural Centre, Continuous showings 2.00pm to 9.00pm www.animalvoices.org/filmfest or phone 604 924 4966

JUNE 8
End Stress, Anxiety and Depression Speaker: Steve

Wilcox. Free admission. Lonsdale Quay Hotel. info: 604-987-6959

Meditation Class - Reduce stress, consciously create what you want, experience inner peace, have more fun. 7:00 pm Healing Class - Cleanse auras, activate healing energy, work with healing guides, cleanse auras. Psychic readings also available. Vancouver CDM, Suite 202, 1114 west Broadway; 604 730 8788.

Story Slam - audience-judged 5-minute story competition For more info call 604-254-0355.

JUNE 11
Shamanic Drumming Chanting Circle: Saturday, June 11, 7pm. Vancouver Multi-Cultural Centre. Contact your power animal guides for insight, healing, and empowerment. Newcomers pre-register 604.418.9636. Donation. Turtle Island Healing Circles. www.drumcircles.ca

JUNE 13-25
Permaculture Design Course. Winlaw, B.C. Learn permaculture design principles & practical skills to implement ecological food producing ecosystems. 250-226-7302 permaculture@telus.net <http://www3.telus.net/permaculture>

JUNE 15
Eating Disorders and Prevention. Speaker: Briar Schulz. Free admission. Lonsdale Quay Hotel. Info: 604-987-6959

JUNE 15-18
Third annual Summer School on Building Community, at Langara College. Over 40 workshops, Social Economy Forum, community celebration, & more! Call Mali Bain at mbain@langara.bc.ca or 604-323-5981

JUNE 16
Stand Up For Mental Health, comedy evening. At 7pm, 1950 Windermere Street. Wheelchair

accessible. Call 604.873.0103 or mdabc@telus.net.

JUNE 18
Open day 10am-2pm at the Self Realization Meditation Healing Centre, Sunshine Coast. Receive Healing, view Centre & relax in our beautiful gardens. 604-740-0898.

JUNE 21
Bolts of Fiction readings and armchair chats with Elizabeth Ruth and Lee Henderson at Our Town Cafe 8pm 245 E Broadway 604-254-0355

JUNE 24-26
Chakra Workshop with Anodea Judith, author of "Eastern Body, Western Mind". Contact ravenandthefrog@hotmail.com.



JUNE 25
WOLFSONG SUMMER SOLSTICE/MEDICINE WHEEL CELEBRATION. Saturday, June 25, 7pm. Participate with your love of singing shared sacred healing chants from the spirit of the land. Bring your friends, drums, cedar flute, didgeridoo, crystal bowls. Vancouver Multi-cultural Centre. Donation. Turtle Island Healing Circles. 604.418.9636. www.drumcircles.ca

JUNE 26
Teaching, Tea and Labyrinth Workshop World labyrinth authority Dr. Lauren Atrass. St. Paul's Anglican Church, 1130 Jervis Street, 2-4 pm. Tickets \$25 at Banyen Books 604-732-7912.

Visit www.vst.edu/pdfs/LabyrinthBro.pdf for more info.

JUNE 29
Dance & Movement Therapy Anna Kemble and Jennifer Scott. Free admission. Lonsdale Quay Hotel. Info: 604-987-6959

JULY 1, 2, 3
Vast Heart, Profound Mind. Teachings on the Mahayana path by the Dzogchen Ponlop Rinpoche, a Tibetan Buddhist master. All welcome. Friday night 7-9pm (free). Weekend: \$80 (discounts available). Liu Institute, 6476 NW Marine Dr. www.nbvancouver.org 604-675-9282

JULY 4-8
Matthew Fox "Science, Mysticism and Faith: The Cosmic Christ in Postmodern Times." Esteemed theologian teaches summer school at the Vancouver School of Theology. Course fee \$315, registration required. www.vst.edu or 604-822-9815 for information. Also: JULY 5 – Free Public Lecture, 7:30 pm, Canadian Memorial United Church, 1825 W 16th Ave. JULY 7 – Earth Revival: A Cosmic Mass, doors open 7:15 pm, Christ Church Cathedral, Min. Donation \$20 www.cosmicmass.ca for info.

JULY 8, 9, 10
Introduction to Foot Reflexology commences Certificate Weekend Course. Intro: \$10. Course: \$295.00 Pacific Institute of Reflexology (604) 875-8818

JULY 16, 17
Animal Healing Course. Learn how to give Natural Spiritual Healing to animals in this beautiful in-depth course. Practical and theory covered. SRMH Centre 604-740-0898

JULY 22-24
Exploring the Healing Potentials of Meaning and Mindfulness, a 3-day workshop conducted by Dr. Paul T. P. Wong and Ms. Nancy Fischer, July 22-24 Friday through Sunday at Coast

Plaza Hotel, Vancouver. Call 604-649-8289 or visit www.meaning.ca for details.

JULY 23
Treating Trauma Workshop, for Therapists – learn the effective Rewind Technique, widely used in the UK. For more details please see: www.deborahfish.com and click on "Vancouver".

SUNDAYS
The Centre for Spiritual Living Inspired by the teachings of Deepak Chopra and Louise Hay? You'll love our Sunday services, 11:00am. Children welcome. 1495 W. 8th Ave, Vancouver, 604-321-1225 www.cslvancouver.com

International Spiritualist Alliance #1A -320 Columbia Street, New West (Downstairs) 604-521-6336 . Sunday Services 11am . Rev. Joyce Tarvin 604-433-6663 See resource directory. www.isacanada.ca

MONDAYS
Shambhala Buddhism Open House 7pm meditation instruction, sitting meditation practice. 8pm refreshments, Buddhist talk and/or video and discussion. Free. Shambhala Meditation Centre, 3275 Heather at West 17th.

Free acupuncture consultation (with acupuncture treatment only). Relieve stress and pain etc. Acuqimed Centre at Broadway Station. B.C. Reg. By appt: 604-961-8834

TUESDAYS
Reflexology Student Clinic sessions - only \$15. Evenings only. By appointment. Pacific Institute of Reflexology. 604.875.8818

WEDNESDAYS
Hawaiian Healing Night 7pm. Hawaiian guided Meditation, Sharing the Aloha, and snacks after, meet like-minded people and share. \$5.00 donation. At Hale Ola - a place of Healing 1215 Madison ave. Burnaby 604-431-7474 Kaimana and Moanikeala

Shambhala Open House 7pm meditation instruction, sitting meditation. 8pm refreshments, talk and discussion. Free. Shambhala Meditation Centre, 3275 Heather at West 17th.

WEDNESDAYS
Meditation & Self-inquiry: Have you lost the balance and rhythm in your life? Let stillness (through self-inquiry) return your wholeness. 5-7 pm. 317-1613.

THURSDAYS
Natural Spiritual Healing or Progressive Counselling at GaiaGarden, Kitsilano. Effective, safe treatment for all illnesses, injuries, life situations. Free consultations available. SRMH Centre 1-604-740-0898

Foundation Of The Zen Practice Course. 7pm St. Michael's Anglican Church 409 E. Broadway Call 604 876-4349 to register. www.newmoonbuddhist.org

FRIDAYS
Just Dance. Evening of passion and let go. Dance the rhythms of the world. 2nd and 4th Fridays of each month. \$8 smoke & alcohol free. 2114 West 4th www.just-dance.ca

Are you interested in writing rich, meaningful and purpose-driven narratives? Then learn to write from stillness. 7-9 am. Michael: 317-1613.

ONGOING
Free Meditation workshop: Experience kundalini awakening through Sahaja Yoga, as taught by Shri Mataji Nirmala Devi. & enjoy your Powers at our Weekly classes, always free and open to all. 604 597-8440 www.sahajayoga.org

A Course in Miracles drop in study group, 7:30 pm, 517 E 17th St. North Van. Suggested drop in donation. Tuesdays & Sundays Call Susan 604 987-6985.

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invited to wheel, bike, skate, run or walk to help improve the quality of life of people with spinal cord injury. www.rickhansen.com 1-866.60WHEEL.

June 11 – 12

Fraser Valley Two-Day Wine Tour. 10 am Tradex, 1190 Cornell Street, Abbotsford. Tour through Fraser Valley wine country with stops at some of the top vineyards in the province. www.mssociety.ca/bc/bike_fv_2day.htm

Wednesday, June 15

A Cyclist's Legal Brief. Rights, rules, roadway and collisions, 7 pm Britannia Community Centre, 661 Napier Street. Free. 604-689-4467 lisa@best.bc.ca

Saturday, June 18

Sapperton Bike Festival. Cap's Bicycle Shop, 434 East Columbia, New Westminster. 604-524-3611.

Saturday, June 18

Newton Bike Day. 10 am – noon Newton Arena/Community Hall, 7120 – 136B Street, Surrey. Festivities will include bike parade with prizes. All participants who bring their bikes and take part in the activities will receive free admission to the public swim at the Newton wave pool on the day of the event. The swim starts at 12:30 pm. Free bike storage 12:30 pm – 2:30 pm. 604-501-5040.

Saturday, June 18

Preschool Bike Safety. Noon – 5 pm North Surrey Recreation Centre, 10275 – 135th St. 604-502-6344

Sunday, June 19

Learn to Ride Your Bike With Pedalheads. 2 pm – 4 pm, Jericho Hill Centre, 4196 West 4th Ave., Vancouver. From training wheels to trails, pedalheads is a 10-level instructional bike safety and skills program for kids aged 4 – 14. www.atlantisprograms.com 604-874-6464.

Tuesday, June 21

Bike Shorts: A Night of International Cycling Cinema. Doors at 7 pm, Pacific Cinematheque, 1131 Howe St. Films include: Extinction Stinks: the director's cut (Canada); Foes, Woes and Heroes (Cuba); Voice of the Village (Finland); In the Cycling Park (Japan); A Straight Long Road (Italy); The Bike Ride (USA); On Time (USA); and many more. 604-730-1090.

Friday, June 24

Blessing of the Bicycles. 5 – 5:30 pm Christ Church Cathedral, Burrard and Georgia. The Anglican Environmental Task Force invites you to celebrate Greater Vancouver Bike Month by joining in a public blessing of the bicycles. In front of Christ Church Cathedral 5 pm, just before the Critical Mass ride. 604-708-0777.

Friday, June 24

Critical Mass Ride. 5:30 pm, Vancouver Art Gallery (by the fountain). This is a grassroots reclamation of public space, a bike ride and skate, held the last Friday of every month. Decorated people and bikes, signs, lights, bells, whistles, horns and other noisemakers are all encouraged. Rain or shine. www.velolove.bc.ca

Saturday, June 25

5th Annual Community Bike Drop. 10 am – 3:30 pm MEC roof-top parking lot, 130 West Broadway. Bring unwanted bicycles and parts to donate to local non-profits: UBC's AMS Bike Co-op, Our Community Bikes, Covenant House, Bikeworks at United We Can and PEDAL. If you have no bike to donate, drop by and join the festivities. www.mec.ca or 604-872-7858 ext.317.

Saturday, June 25

South Surrey Bike Festival and Sports Swap. 11 am – 3 pm South Surrey Bike Park, 24th Ave. and 148th St. Surrey Off-Road Cycling Enthusiasts Society presents its fourth annual Surrey Bike Fest. This huge festival is part of Surrey's Peninsula Days. www.sorcebikeclub.org 604-538-5716.

Sunday, June 26

Learn to Ride Your Bike With Pedalheads. 2 – 4 pm, St. Clement's

Anglican Church 3400 Institute Road, North Vancouver. www.atlantisprograms.com 604-874-6464.

Saturday, June 26

Vancouver Fourth Annual Vintage Bicycle Swap Meet and Show. 9:30 am – 3:30 pm, Cambrian Hall, 215 East 17th Ave. at Main). Bicycles from turn-of-the-century to 1950s balloon tire classics to vintage 1980s BMX race bikes for sale, trade or display. \$2, 604-873-3422.

Wednesday, June 29

BEST Pancake Breakfast. 7:30 – 9 am CBC Plaza, 700 Hamilton. Wrap up Greater Vancouver Bike Month and the Commuter Challenge with free pancakes, fair-trade coffee, juice and organic oranges. Music, speakers, entertainment and some familiar faces flipping your flapjacks. 604-669-2860.

Friday, July 1

Bike to Granville Island on Canada Day. 9 am – 6 pm, enjoy the famous Canada day celebrations. Free bike storage. 604-682-1993.

Yaletown Grand Prix. This fast pace downtown criterium will amaze you. International, national and regional champions will hit speeds in excess of 60 km/h in a tight technical course. Family activities all day. www.trekvracing.com 604-328-7370.



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strated that one of the breakdown products of acesulfame potassium, acetoacetamide, affected the thyroid gland in rats, rabbits, and dogs; rats in particular developed fast growing benign tumours when fed acetoacetamide daily.

Although it is marketed as a sugar alternative, acesulfame potassium may have a similar effect to sugar in that it can stimulate insulin release and could be problematic for those with syndrome-x, hypoglycemia or diabetes. Despite the alarming evidence of questionable safety, the FDA approved acesulfame potassium for general use in 1998. In Canada it most commonly appears on ingredient lists as acesulfame-K and in the US it is sold under the names Sunett or Sweet One.

With aspartame and acesulfame potassium's reputations somewhat tarnished, the stage was set for the introduction of sucralose. Sold under the name Splenda, it was approved by Health Canada in 1991 and by the FDA in 1999. It was discovered accidentally by graduate student Shashikant Phadnis in 1976 at Queen Elizabeth College, University of London, while researching ways to use sucrose in chemical formulations.

In 1980, the British sugar company Tate & Lyle collaborated with Johnson & Johnson to create an artificial sweetener from chlorinated sucrose through the Johnson & Johnson subsidiary McNeil Specialty Products. Despite the FDA's conclusion, based on its own safety studies, that sucralose can cause lymphatic cell mutations in mice; it nevertheless gave full approval to the sweetener in 1999.

It is promoted by Johnson & Johnson as a calorie-free, carbohydrate-free sweetener that is safe for diabetics, children and pregnant women as it does not break down in the body and passes through harmlessly. This claim however has been contradicted by both FDA and Japanese research, which has shown that up to 40 percent of consumed sucralose is absorbed by the body, with an undetermined amount concentrating in the liver, kidneys and/or gastrointestinal tract.

Independent research on rats, mice and rabbits has demonstrated liver and kidney enlargement as well as structural irregularities of the colon. Other animal research has revealed that sucralose can cause up to 40 percent shrinkage of the thymus gland, a decreased red blood cell count, reduced fetal weight and growth rate, genetic damage and birth defects. Aside from any direct toxicity from sucralose itself, the FDA has stated that it may also contain trace amounts of heavy metals, arsenic, methanol and other chlorinated saccharides (sugars) but that these contaminants are considered acceptable within current

manufacturing guidelines. It is available in Canada and the US under the names sucralose and Splenda.

If the idea of playing Russian roulette with your health each time you consume an artificial sweetener does not appeal to you, then consider your alternatives. For those individuals needing a low calorie/no calorie sweetener nature provides us with several choices: the amazing no calorie, no carbohydrate stevia from the Paraguayan plant *Stevia rebaudiana* which actually helps improve pancreatic function; the low calorie, cavity-fighting xylitol which is found in many foods and produced in the human body; inulin, the root sugar that promotes healthy intestinal bacteria growth and acts as a slow-release energy source; and lohan (lo han kuo) the low calorie, low carbohydrate fruit sugar from southern China that does not cause extreme blood sugar fluctuations.

For those who are simply looking for a wholesome alternative to white sugar, consider using organic rapadura or sucana sugar, unrefined sugar cane juices that retain their naturally occurring nutrients and a wonderful, full flavour; mineral-rich organic molasses, which stimulates the release of the brain neurotransmitter serotonin; grade C organic maple syrup, which contains vitamins and minerals; protein and B complex-rich raw, organic honey (please note that honey should not be given to children under one year of age); and organic grain syrups such as barley or rice which retain up to half of the original whole grain nutrients.

Despite the healthful, natural options that are available to us, they can never be patented. Thus, the quest to create yet another patentable, artificial sweetener that will bring huge profits to one of the drug/chemical companies from the ignorance and fear of a sugar-phobic public, will no doubt continue. Trying to outwit Mother Nature however can be a dangerous game, and when it comes to artificial sweeteners, as the old saying goes, you pay your money and you take your chances.

Joan Ullyett is a registered holistic nutritionist at Finlandia Natural Pharmacy. info@finlandiapharmacy.com. See also: www.splendatruth.com/index.htm www.aspartame.org/index.html www.holisticmed.com/aspartame/ www.sweetnlow.com/faqs/index.html www.earthrenewal.org/saccharin.htm www.cspinet.org/new/saccharin_labeling.html www.caloriecontrol.org/cyclam2.html www.westonaprice.org www.alive.com/intro.html www.xylitol.org www.thewolfclinic.com

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always try to impose; and this is why the people of BC should resist any such political powerbrokering that is intent on denying the democratic choice of the people for BC-STV.

Back to the numbers, two further points make the case for BC-STV compelling. Firstly, a major question that should be examined is the enormous disparity between the 57 percent public vote for BC-STV in comparison with the 93 percent vote by the CA. The CA was a randomly selected group of 160 ordinary citizens, one male and one female from each riding plus two First Nations people. The CA conducted an 11-month study facilitated by academic experts, with no political interference, with 50 public meetings and 1,603 public submissions. The CA was probably the most demographically representative and impartial body in the history of Canadian democracy. The CA served as a jury of our peers, examined all the evidence, and overwhelmingly chose BC-STV.

The CA vote of 93 percent for BC-STV over FPP is a clear reflection of the enormous advantages of BC-STV, as recognized by ordinary citizens who had the time and opportunity to understand all the details. By contrast, the 57 percent public vote for BC-STV reflects primarily the abysmal level of public awareness of BC-STV and the work of the CA. There is no reason to think that the public vote would not have been in the same range as that of the CA if there had been a proper public information campaign to prepare people to cast an enlightened vote so important to improving the vitality and integrity of our democratic system. Hence, the gap between 93 percent and 57 percent is a measure of the suppression of the popular vote under a "stealth campaign" against BC-STV by the major parties. Rather than being well and fairly informed on BC-STV, British Columbians were kept in the dark while being fed bogus arguments served up by old political hacks and backroom boys who nitpicked BC-STV.

Finally, let's reflect on the almost identical 57 percent landslide victories of the BC-STV referendum and the BC Liberal win in 2001. Suppose the former NDP government had tried to make the case that winning a majority vote and majority of ridings wasn't enough to warrant a change of government, and arbitrarily voted to raise the threshold to 60 percent. Of course this would be such a blatant abuse of democracy that it's unthinkable. And if any government tried to do this, it would almost certainly not be tolerated by the people. So why should the people of BC accept that it is democratically legitimate for their government to arbitrarily set a threshold that is both undemocratic and, in this vital instance, a betrayal of the fundamental principle of democracy for the clearly expressed will of the people to be served by their government.

It's time for British Columbians to express themselves once more, with a voice even more clear and strong than on May 17, and to call on all politicians to respect democracy and serve the will of the people. We want our BC-STV!

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permanent lodging at the hospital, in two unoccupied rooms overlooking a courtyard. Merrick, who had been on the move for much of his life, couldn't believe his great good luck, and for weeks after asked the doctor repeatedly when he would be relocated to less agreeable quarters. (His fondest wish was that it be an asylum for the blind, so no other resident could see him.)

As he got to know his new friend better, Treves came to understand that Merrick was an eager conversationalist. He described his young friend as "a being with the brain of a man, the fancies of a youth and the imagination of a child." A surprisingly good artist, he was also a voluminous reader who wrote with flair. The permanent resident of London Hospital "possessed an acute sensibility and – worse than all – a romantic imagination, that I realized was the overwhelming tragedy of his life."

One day the doctor asked a personal friend, a young and pretty widow, to visit Merrick, wish him good morning and shake his hand. She agreed, but the effect on the young man was not quite what the doctor expected. "As she let go of his hand he bent his head to his knees and sobbed until I thought he would never cease." The interview was over. John later told him that this was the first woman other than his mother who had ever smiled at him, and the first woman to ever shake his hand. "From this the transformation of Merrick commenced and he began to change, little by little, from a hunted thing into a man."

So what does this have to do with the Deadly Spins? Mid-Victorian London did not have our contemporary glut of public relations, advertising and media. There were no horror movies or video games, no high-tech passion plays like *The Apprentice* or *Fear Factor*. There were no monstrous parables of beastliness and transformation like *Extreme Makeover* or *The Swan*. Accidents happened then as now, but bloody collisions between carriages and rag carts weren't fastidiously recorded for dinnertime viewing. Instead of such amusements, there were circuses and sideshows. In this sense, *The Elephant Man* in London's Mile End was, in miniature, a predecessor of some of our contemporary diversions and scare schemes: he was a congenital monster without a tabloid, a fright without a pharmaceutical campaign, a reality without the television.

Merrick was a terrorist of the mid-Victorian visual imagination, and a template for the paying voyeur's Shadow. Given his years on display, and the cruelty visited upon him, Treves found it a wonder that Merrick didn't end up a "spiteful and malignant misanthrope, swollen with venom and filled with venom for his fellow-men." The doctor never heard him speak badly of his captors or express regret over his circumstance. Anthropologist Ashley Montagu, who brought Treves and Merrick back to life in his 1971 book *The Elephant Man: A Study in Human Dignity*, puts it succinctly. "The truth seems to be that in most ways he achieved the kind of mental health that defies most human beings, the ability to love, to work and to

play."

In Montagu's reexamination of Treves' account, he counters the doctor's implicit belief that Merrick was taken from his mother in infancy. Citing his ability to read and write, including his fond reminiscence of his mother, Montagu argued that he had been on display only from the age of 12 to 20. During that time, the anthropologist reasoned, Merrick's recollection of his mother's love had sustained him throughout his years of isolation and indignity.

Merrick received many well-bred visitors in his apartment, who gave him books and gifts. He had portraits of many of his well-dressed, attractive callers upon his settee, including Queen Alexandra, Princess of Wales. Enlisting the aid of the wife of a famous actor, the doctor once arranged for Merrick to visit the theatre, by having him carefully concealed from the rest of the crowd by a curtained proscenium. The spectacle on stage left him speechless; Treves heard his companion gasping and panting in excitement, at "a vision almost beyond his comprehension."

Perhaps the greatest day in his life came when wealthy visitors arranged for him to spend a weekend on their large country estate, free from prying eyes. For a good portion of his life, Merrick's view of the world was through a peephole in a showman's cart. Now he was "alone in a land of wonders," wrote Treves, with "the breath of the country passing over him like a healing wind."

"The Merrick who had once crouched terrified in the filthy shadows of a Mile End shop was now sitting in the sun, in a clearing among the trees, arranging a bunch of violets he had gathered."

The doctor noted that his friend now appeared to be one of the most contented beings he had ever been fortunate enough to meet. "More than once he said to me, 'I am happy every hour of the day.'" Certainly Merrick's ecstatic feeling was in no small part due to his incredible reversal of fortune; but it seems that this boundless happiness drew upon something already deep within him. All it required was someone like Treves to bring an ember, previously tended by his mother, back into flame.

Even though he was now treated as a human being, John Merrick still keenly sensed the great gap between himself and others. More than once he had expressed his wish to sleep like normal people. The Elephant Man never slept recumbent but had always tucked himself into a fetal position and dozed sitting up, with the weight of the head supported by his knees. One night, Treves later surmised, he must have decided to attempt the experiment. Nurses

found the young man dead the next morning. His neck had apparently snapped from the enormous weight of his head, as he attempted to lay back on his pillow. He was 26 years old.

Shuttered up in darkness for much of his life, his human encounters limited to the gasps and jeers of horrified spectators, John Merrick very likely saw no way out of his situation. (He told Treves what he looked forward to most during his time on display was crawling away and hiding). He didn't have the luxury of grasping for, or holding onto, attachments. He didn't have the option of what we now call "status anxiety," or any other urbane malady of the soul. There was no direction for Merrick to go other than inward.

There is tragedy in his story, but sublimity, too – especially when we recall the meaning of sublimity: "a terrible beauty."

Human transformation is often only achieved with some effort, and often at a terrible price. The situation is paradoxical. Consider the situation today, when so many healthy, well-educated people in the Western world are so thoroughly dissatisfied, and looking for personal liberty through a pill, a portfolio, a water view, bottle, lottery ticket, sports team, or flag. Yet their opportunities for love, for personal and professional reward, for inner transformation, are much closer at hand than anything Merrick could have ever hoped for. That is nothing if not paradoxical.

Every day, in innumerable, carefully researched ways, the market tries to convince us of our limitations, and prey on our fears. This is accomplished by appealing to envy, greed, anger and the other deadly spins – all to keep us running like rats on the wheel of market relations, chasing the "frozen desire" of money. The greatest irony is that we have built this wheel ourselves, and take turns playing captives and guards in a virtual prison of our own making.

This explains why television viewing in North America has always been free. Because, you the citizen-consumer, or rather a demographic of which you are a part, has been presold to advertisers. *You* are the product, and *you* are on display. The monitoring may be more subtle than a Mile End mid-Victorian freak show, but that only makes the process all the more insidious. The ideal consumer is the one alone in the dark, in front of a television or computer monitor, watching, paying, ordering, and suspended in a purgatory of passing sensation and vague unease. One might speculate that the final dream of the high-surveillance, database-driven world of hypercapitalism is to turn us all into distorted, isolated specimens. Elephant folk.

In spite of this, the wonder isn't that many of us have been led to believe we are freaks – by appearance, status, or nature. It's a wonder that so many of us have not. There is a rubbery resiliency to the human spirit that snaps back from the hectoring message that we are fearful, finite beings, only in it for ourselves.

John Merrick looks out at us from old daguerreotypes and medical etchings, his face a gnarled mass in which we can read no recognizable emotion. But that face whispers something to us about the nature of the human spirit. In his time alone, he had no formal education, no media, and no clever arts of distraction. Cast out of human society and made into an object of revulsion, all he had left was what remains after the normal touchstones of self-definition are removed. With little more than a memory of his mother's love, Merrick connected to something that sustained him for his remaining time on earth. Montagu believed that Merrick's suffering, "like a cleansing fire, seems to have brought him nearer to that human condition in which all that are essentials of life having fallen away, only the essential goodness of man remained."

Merrick's friend and saviour, William Treves, summed it up best in the final words in his monograph. "As a specimen of humanity, Merrick was ignoble and repulsive; but the spirit of Merrick, if it could be seen in the form of the living, would assume the figure of an upstanding and heroic man, smooth browed and clean of limb, with eyes that flashed of undaunted courage." It was a wonderful disguise.

We cannot control the world, but like John Merrick, we have some control over our response to it. His story was simply an extreme variant of a common human experience. For all the joy of all living, we are born into bodies subject to all sorts of disorders and diseases, with minds and hearts that can imagine or experience all manner of hells. Meditating on our fates, we may grow to wonder what purpose all our struggling accomplishes, when it's all over in the wink of an eye. But something keeps us going regardless – whether we are happy by nature or otherwise – and pushes to seek something deeper than impermanent shadows. I suspect this is something more than the brute will to live, or "selfish genes." The joy of living is its own reward, but that joy draws from a deep well.

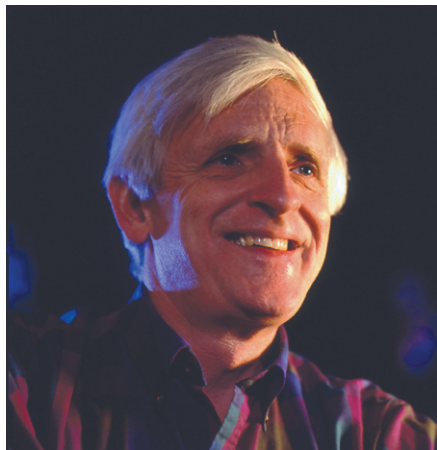
Underneath the places we've been hurt, or hurt ourselves and others, past the memories of failure and disappointment, the "thousand shocks that flesh is heir to," and all the phantom fears pushed at us and on us, down at the foundations of our being, there is not darkness, but light. This light is the healing force that burns up illusions and connects us with fellow beings. It lives in a quiet place beyond the screaming headlines of our twilight world, and away from the din of the market – the land of shadows where the beautiful John Merrick was once paraded.

Life is a pure flame, and we live by invisible sun within us.

– Sir Thomas Brown, 1658

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distribute knowledge, information and therefore power with an amazing rapidity and on a global grid, these inventions effectively launched a postmodern civilization beginning in the sixties.

2. The waning of the nation-states and the rise of multinational corporations

They are the sole rival of the United Nations which they effectively skewer, ignore and malign (witness President Bush's designee to the UN who wants to "cut 10 stories" out of the building itself). The end of the cold war and the collapse of the Soviet empire left only one empire standing, that being the United States, whose growth in power exacerbates the hatred and resentment toward it worldwide. The sharp contrast between rich nations (1/3 in population) and poor nations (2/3 in population) also characterizes our world. Studies show that if all

the people on the planet lived the lifestyles of North Americans and Europeans, we would need four planets. Clearly things are not sustainable as they are.

3. The corruption and ineffectiveness of Western religion

This is becoming increasingly patent for all to see. The Protestant Era has long since ceased to exist and Protestantism finds itself in an extremely tired state with its churches effectively empty in most northern countries and little energy apparent except the arousal that happens when people are invited to hate gay clergy.

And, of course, there is the political involvement of rabid fundamentalists and preachers of a contemporary apocalypse who actually want a nuclear war to occur, preferably in Israel, so that Jesus can return on a cloud and take his chosen ones to heaven. In the US these people are determined to obscure the long-held law of separation of church and state and politicians willing to sell their souls to get elected are busy obliging.

Meanwhile, in spite of television's fawning at the made-for-television theater of the papacy and its unending effort to build a cult of personality around a papal figure to increase its viewership, Roman Catholicism has hit a new low in its spotty history – one matched only by the corrupt papacies of the Borgias in Martin Luther's time.

One proof of this is the pedophile clergy being coddled by the hierarchy such as Cardinal Law (since given a plum assignment of a fourth century basilica in Rome). He defended such priests while Cardinal Ratzinger was expelling prophetic priests and theologians who were leaders of liberation movements of the poor and the oppressed be they women, peasants, defenders of the rainforest, or persons seeking democracy in Central and South America.

By persecuting theologians and shutting down theological inquiry and institutions of learning, the highest prelates of the Roman Church have deliberately and purposely replaced theology with ideology and created a generation of cardinals and bishops who take oaths of loyalty and who march lockstep to orders from the top without passing them through their own consciences. It is loyalty not intel-

lectual acumen or moral courage, that has recommended them to the positions of authority they are in. The issues of pedophile and clerical abuse, of hierarchical complicity in the same, of the role of women, of gay and lesbian rights, these are not allowed to be addressed by such prelates. Instead of leaders, we are given sycophants. Any papacy has to be skewed that canonizes a man who praised Hitler, namely the fascist priest and founder of Opus Dei, Rev. Josemaria Escriva.

It is time to tell the truth. "Even the rocks shall shout out," declared the historical Jesus. So too, at this low period in Catholic history, it is time to tell the truth and let our moral outrage speak. The church has been hijacked by those committed to a preferential option for the rich and the powerful. Does one determine to take it back? Or just move on?

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4. An awakened scholarship

Just as 500 years ago new scholarship was unleashed to buttress a deeper understanding of Scriptures and early church history, so today significant scholarship including archeological findings and the rediscovery of ancient texts and a 200 year old quest for the "historical Jesus" and women's theology and history has gifted us with much that is new and substantive about what we know of the words, the person and the teaching of Jesus and the early Christian community. And about Paul as well. Mixing these findings into our awareness of the origins of Christianity will be part of this study.

What is the good news in all this? That we can start anew. That a New Reformation for a new millennium is upon us. We can let the current papacy run the Vatican museum and St. Peter's basilica for the beautiful museum it is. But for the rest of us, we can let religion go and begin to get serious about spiritual practice, drawing on and not neglecting the riches of the Roman Churches' mystics and prophets of past and present and working in interfaith activism and spiritual practice with those of other faith traditions.

It is time to choose and get on with many tasks that await us today. The sustainability of our species and the planet as we know it is at stake. Issues of resisting empire, condoms in a time of AIDS, birth control in a time of population explosion, distribution of the world's goods, clean and renewable energy, community life, elimination of poverty, defence of minorities including gays and lesbians – all these call to us. Deep ecumenism and interfaith are strong areas where Christians and others can renew their spiritual roots. But the number one obstacle to interfaith, as the Dalai Lama has observed, is "a bad relationship with one's own faith tradition." The "punitive father" religionists harbour a bad relationship with their own faith tradition. They know original sin but not original blessing. They cannot participate in interfaith. And very often, as in the case of Cardinal Ratzinger who has criticized Buddhism, Hinduism, Protestantism, Native traditions and goddess religions, they do not want to. But the divine wisdom tradition has always been about interfaith.

Matthew Fox will be in Vancouver for a number of events. Science, Mysticism and Faith: The Cosmic Christ in post-Modern Times, July 4 – 8, 8:30 – 11:30 am at the VST. A free public lecture July 5, 7:30 pm at the Canadian Memorial United church. Earth Revival: A Cosmic Mass, July 7, doors open 7:15 pm, Christ Church Cathedral. For more info call VST 604-822-9815 www.vst.edu or www.cosmicmass.ca Fox's 95 theses are at www.matthewfox.org

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embark on a revolutionary process with a West Vancouver firm called Envisioning & Storytelling to identify and capture the true essence of "who" the organization is and what makes it so special.

Vancity hired the design firm Karacters to give the organization a fresh new look that better reflected its story. Following this, the credit union secured TBWA as its new agency to leverage its story and lead its brand refresh efforts. Its first TV ad campaign in seven years under the tagline "expect better" launched Vancity's new approach. Other efforts, such as mass media, direct marketing, guerrilla activities, print, radio, and street teams created momentum.

"We are proud of the work we've done and are thrilled to be recognized by the BCAMA. We think we have a great story

to tell and we now have all the tools we need to keep telling it in a revolutionary way," says Kari Grist, Vancity's vice-president of marketing.

The BCAMA will honour Vancity at the 34th annual marketer of the year awards dinner at the Westin Bayshore on September 20.

Theatre In the Raw presents The Inspector General by Nikolai Gogol

"If your face is lopsided, don't blame the mirror!" – Nikolai Gogol

This classic theatre piece about money, politics and deceit tells the tale of a young government clerk, Hlestakov, addicted to gambling, drinking and women who finds himself stranded in a small town, only to be mistaken for an influential govern-

ment inspector, an official close to the long authoritative arm of the reigning czar.

Stranded for a few days with his quick-witted servant Ossip and an empty wanting wallet and stomach, Hlestakov soon ensconces himself in the good graces of the village's upper crust, and the fun really begins.

A madcap masterpiece of dramatic tickling satire, *The Inspector General* by Russian writer Nikolai Gogol is universally respected as one of the greatest plays of the Russian theatre. So outspoken, it helped to turn Russia's art world upside down in the mid-1800s.

June 15-18 & 22-26 doors 7 pm starts 7:30 pm. Ukrainian Hall, 805 East Pender. \$12/\$10 pre-booked; \$8 students/seniors and \$5 for 10 years and younger. 604-708-5448

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